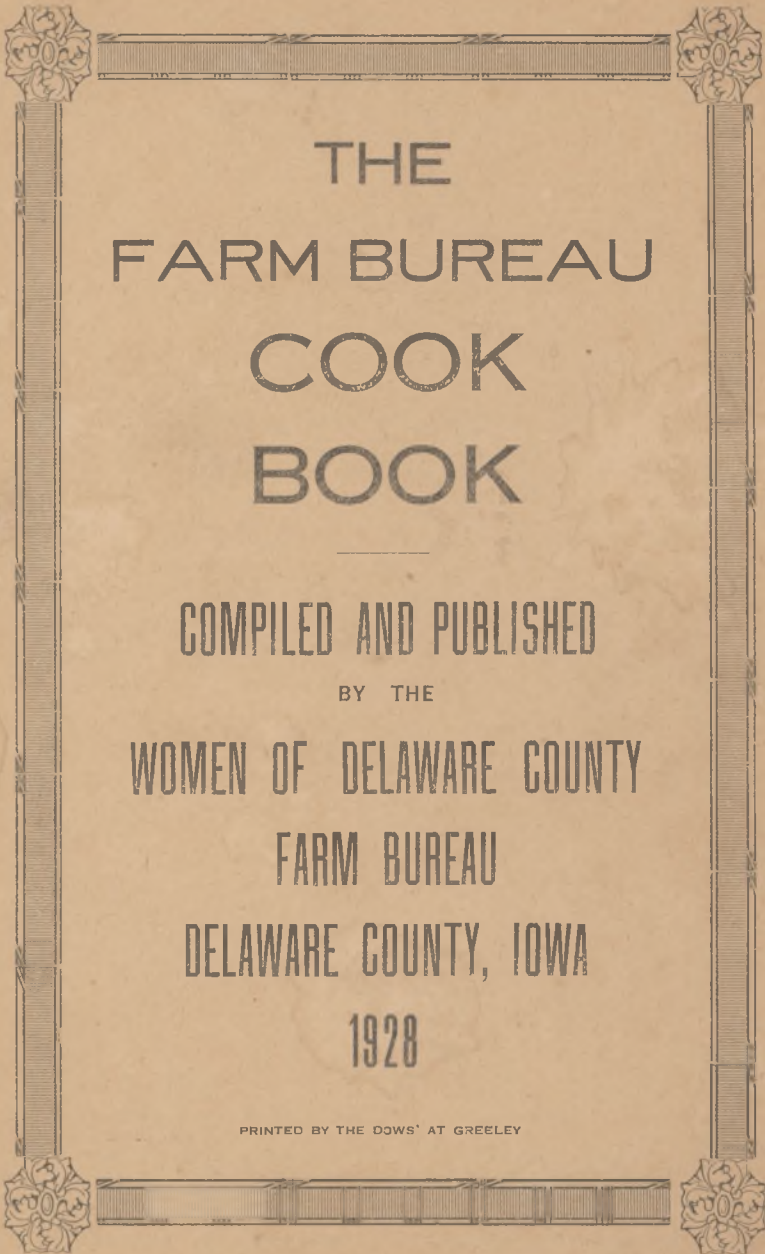


**DELAWARE COUNTY
FARM BUREAU
COOK BOOK
1928**





THE
FARM BUREAU
COOK
BOOK

COMPILED AND PUBLISHED
BY THE
WOMEN OF DELAWARE COUNTY
FARM BUREAU
DELAWARE COUNTY, IOWA
1928

PRINTED BY THE DOWS' AT GREELEY

HONORED BUT UNSUNG

In the American home, a good cook is not only a creature of beauty, but a joy unto mankind, wielding a mighty influence upon the destinies of her home, her community and her country. Her ministrations in health make for vigor and contentment; in sickness, the full measure of her value is untold. And though she sings at her work, her virtues in the art of cookery are often unsung.

—ANONYMOUS

CONTENTS

| | |
|--|-------|
| Soups | 1-3 |
| Meats | 4-7 |
| Fish & Oysters | 8-9 |
| Salads | 10-18 |
| Vegetables | 19-22 |
| Rolls, Bread & Sandwiches | 23-30 |
| Pancakes & Waffles | 31-32 |
| Cheese and Eggs | 33-34 |
| Cakes and Icings | 35-49 |
| Cookies & Doughnuts | 50-58 |
| Pies | 59-63 |
| Puddings, Desserts, Etc. | 64-71 |
| Ice Cream & Frozen Desserts | 72-73 |
| Candy | 74-77 |
| Beverages | 78-79 |
| Pickles | 80-86 |
| Canning, Cold Packing & Preserving | 87-89 |
| Miscellaneous Receipts | 90-96 |
| Helpful Hints | 97-98 |

FOREWORD—NUTRITION

Food has been defined as anything which nourishes the body when taken into it. Just what is meant by nourishment must be explained under the different classes of food stuffs. These classes are energy-giving, body building, body regulating, and protective foods. Each class will be explained and its source shown before each group of recipes in this book.

EQUIVALENTS

- 3 teaspoons equal one tablespoon.
- 4 tablespoons equal $\frac{1}{4}$ cup.
- 12 tablespoons liquid measure equal one cup.
- 16 tablespoons dry ingredients equal 1 cup.
- 2 cups equal one pint.
- 2 pints equal one quart.

Common Abbreviations Used in this Book are:

- | | |
|----------------------|---------------|
| 1 tablespoon—1 tbsp. | 1 ounce—1 oz. |
| 1 teaspoon—1 tsp. | 1 pound—1 lb. |
| 1 quart—1 qt. | 1 cup—1 c. |
| 1 pint—1 pt. | |
-

APPROXIMATE MEASURE OF ONE POUND

Level Measuring Cups

- | | |
|---|-------------------------------------|
| 4 cups entire wheat flour | 2 $\frac{3}{4}$ cups powdered sugar |
| 4 cups flour | 4 cups of English walnuts |
| 2 5-6 cups corn meal | 2 cups milk |
| 2 2-3 cups oat meal | 2 cups butter |
| 6 cups rolled oats | 2 cups chopped nut meats |
| 4 $\frac{1}{2}$ cups rye meal | 2 cups suet |
| 2 cups rice | 2 cups raisins |
| 2 cups granulated sugar | 4 $\frac{1}{2}$ cups coffee |
| 2 2-3 cups brown sugar | 9 medium sized eggs |
| 3 $\frac{1}{2}$ cups confectioner's sugar | |

SOUPS

Soups vary in food value according to the ingredients. A clear meat stock is mostly water and flavor. When vegetables are added, we have roughage and minerals which are body-regulating foods and vitamins, especially vitamin B, which are productive foods.

When milk is used with a thickening, we are adding protein and lime, both body building materials, some vitamin and some energy-giving material.

OYSTER SOUP

Mrs. M. H. Runkle

Place 4 qts. of milk over the fire and let come to a boil. Season to taste with salt and pepper. Add $\frac{1}{4}$ pound of butter; pour into this 2 qts. of fresh oysters. Let them get well heated through, but do not boil hard.

TOMATO SOUP

Mrs. J. C. French

Strain the tomatoes, then heat and add a pinch of soda. Let this come to a boil and add salt, pepper, butter and sugar. Heat an equal amount of milk to the boiling point, then let cool a little before pouring into the tomato. Serve hot.

NOODLE SOUP

Mrs. M. H. Runkle

Put beef on the stove and let simmer slowly. Add a little onion and salt and pepper.

Noodles: 2 eggs, 2 tbsp. milk, a little salt and flour enough to make a stiff dough. Roll as thin as possible and let dry. Cut in fine strips and let boil in the soup 15 minutes.

BEAN SOUP

Mrs. M. H. Runkle

Soak $1\frac{1}{2}$ pts. beans in cold water over night. In the morning, drain off the water, wash the beans in fresh water and put them in a kettle with four qts. of good beef stock from which all the fat has been removed. Let it boil slowly but steadily for at least 3 hrs. 2 hours before serving, add a small onion and a carrot sliced. Some add a little tomato.

POTATO SOUP

Esther Clauson

| | |
|-------------------------|---------------------------|
| 2 cups hot milk | 1 tsp. salt |
| 1 c. diced raw potatoes | $\frac{1}{4}$ tsp. pepper |
| 2 tbsp. fat | 1 tbsp. minced onion |

Have potatoes diced in small cubes. Cover with boiling water, add onion and cook until potatoes are almost tender. Drain off water, add fat and shake until it is melted. Finish cooking potatoes in milk, add salt, pepper and serve.

CREAM SOUP

Mrs. E. H. Hanna

- | | |
|---------------------|-------------------------|
| 1 pt. milk | 1 tbsp. butter |
| 1 pt. chicken stock | Pepper and salt |
| 1 tbsp. flour | Celery, carrots, onions |

Rub flour and butter together, stir into the liquid, add seasoning and vegetables and cook. Strain and serve hot.

CELERY CREAM SOUP

Mrs. Peterson

- | | |
|----------------------|-------------------------|
| 1 c. rice | 1 qt. white stock |
| 3 pts. milk | Cayenne pepper and salt |
| 2 large heads celery | |

Boil rice in milk until it will pass through a sieve. Grate celery and add to strained rice. Add qt. stock and seasoning. Serve hot.

PEA SOUP

Mrs. W. C. Larson

- | | |
|------------------|---------------------------|
| 1 can peas | 2 tbsp. butter |
| 2 tsp. sugar | 2 tbsp. flour |
| 1 pt. cold water | 1 tsp. salt |
| 1 pt. milk | $\frac{1}{8}$ tsp. pepper |
| 1 slice onion | |

Drain peas (use liquid for water in recipe). Add sugar to peas and heat thoroughly, then add water and liquid. Allow to simmer. Rub through sieve, reheat, thicken with butter and flour. Cooked together. Scald milk with onions, remove onions and add milk to pea mixture, season with salt and pepper. Peas too old for a vegetable may be utilized for soup.

CHICKEN SOUP

Carrie Bell

- | | |
|------------|----------|
| 1 chicken | Rice |
| Vegetables | Macaroni |
| Seasoning | |

Boil chicken in salted water until tender. Remove meat, put diced vegetables, rice and macaroni in broth and boil until tender.

Dumplings: Place 2 slices dry bread in skillet, pour milk over, cook until dry smooth paste, cool. Add 2 eggs, beat in the paste and drop by tsp. into the boiling soup. Let cool 5 minutes and serve.

TAPICOA CREAM SOUP

Mrs. M. H. Runkle

- | | |
|----------------------------|--------------------------------|
| 1 qt. stock (veal or beef) | $\frac{1}{8}$ c. pearl tapioca |
| 1 pt. cream or milk | 2 cups cold water |
| 1 onion | 1 tbsp. butter |
| 2 stalks of celery | Salt and pepper |

Wash the tapioca and soak over night in cold water. Cook it and the stock together slowly for 1 hour. Cook the onion and celery (cut up) in the milk, for 20 min. Add to the tapioca and stock. Season and serve.

VEGETABLE SOUP

6 potatoes ½ tsp. soda
 1 small onion 1 pt. tomatoes
 2 slices bacon 1½ qt. sweet milk

Cook vegetables and bacon before adding soda.

VEGETABLE SOUP

Mrs. James Osborn

Boil soup bone until thoroughly done. 1 hour before using, add 2 tbsp. rice, 2 carrots, 2 potatoes, 1 onion, 1 turnip, 1 cup shredded cabbage, boil until done. Add salt and pepper. This makes 1 gallon of soup.

TOMATO SOUP

Mrs. Henry Klaus

1 pk. tomatoes ½ c. sugar
 1 large onion ½ c. flour
 1 large stalk of celery Salt to taste

Chop celery and onion very fine and let cook until almost tender, then add tomatoes, cut fine. Cook until very soft. Strain this and add sugar, flour and salt. Cook 20 minutes and can in sterilized jars.

TO CLEAR SOUP

Use 1 egg white to each qt. of cold stock. Beat egg slightly and add to stock. Heat gradually till near the boiling point, stirring all the time. Cook gently for fifteen minutes. Remove to back of range and add ¼ c. cold water. Let stand for few minutes, then strain through cheese cloth placed over strainer. Heat, add any further seasoning desired.

MEATS

Meats belong almost entirely to the body-building class of foods. They also supply energy, both the lean and fat meat, though the fat supplies more than twice as much as the lean. Red meat is also a source of iron.

MEAT LOAF

Mrs. Lewis Beitz

| | |
|-------------------|-------------------|
| ½ part smoked ham | 1 egg |
| ½ part pork steak | 12 or 15 crackers |
| ½ part beef stock | ½ c. water |
| Dash of pepper | ½ c. chili sauce |

Have meats ground and mixed at the market. Roll the crackers and mix all ingredients together. Make into a loaf, put in greased pan and set in another pan partly filled with water. Bake 1½ hrs., remove pan of water and let loaf remain in for 10 or 15 min. There will be enough salt in the ham and crackers to season.

MEAT LOAF

Mrs. R. P. Joseph

| | |
|-----------------------------|--------------------|
| 1 lb. beef and pork, ground | 1-16 tsp. pepper |
| 1 egg | 6 crackers, rolled |
| 1 tsp. salt | 1 tbsp. butter |

Add sufficient water to form into loaf and bake in moderate oven

MEAT LOAF

Mrs. Chas. Rizer

| | |
|-------------------------|---------------------|
| 4 c. finely ground beef | 2 eggs beaten light |
| 2 c. bread crumbs | 2 tsp. sage |
| 1 c. cracker crumbs | 2 tsp. salt |

Mix all ingredients together. Place in a baking dish and sprinkle with buttered cracker crumbs. Bake in moderate oven.

MEAT LOAF

Mrs. Bert Bowers

| | |
|---------------------------|-----------------|
| 2 lbs. hamburger | 1 egg |
| ½ lb. pork (ground) | Salt and pepper |
| Milk or water | 1 small onion |
| 1 c. crushed bread crumbs | |

Mix well and press firmly. Bake 1½ hrs. Serve with plain brown gravy or tomato sauce.

MEAT LOAF

Mrs. F. W. Klaus

| | |
|-------------------|-----------------------|
| 1 lb. beef | Butter size of walnut |
| ¼ lb. pork | 1 large onion |
| ½ c. bread crumbs | Salt and pepper |

Run meat through food chopper, add bread crumbs and bake 1 hr.

MEAT LOAF

Mrs. J. J. Holthaus

| | |
|------------|--------|
| 2 lb. beef | 2 eggs |
|------------|--------|

| | |
|-------------|---------------------------|
| 1 lb. pork | $\frac{1}{8}$ tsp. pepper |
| 2 tsp. salt | 1 c. milk or tomatoes |
| 1 c. crumbs | 1 small onion |
| 1 tsp. sage | |

Put uncooked meat through a food chopper. Add seasoning and mix well. Add crumbs, beaten eggs and milk. Have mixture quite soft. Put in a well buttered baking dish and bake. Strips of pimentos or two hard boiled eggs in center of loaf make a pleasing garnish.

MEAT LOAF

Mrs. Frank Mead

| | |
|------------------|------------------------------|
| 2 lbs. hamburger | 1 c. bread or cracker crumbs |
| 1 lb. sausage | 1 tbsp. salt |
| 3 eggs | Pepper |
| 2 c. milk | |

Mix the above ingredients together. Bake in hot oven for $\frac{1}{2}$ hr. When almost done, pour over it a cup of rich milk.

MEAT LOAF

Mrs. H. S. Porter

| | |
|------------------------|---------------------------------|
| 2 lbs. beef | 1 c. bread or cracker crumbs |
| $\frac{3}{4}$ lb. pork | $1\frac{1}{4}$ c. milk or cream |
| 2 eggs | 1 tsp. sugar |
| Salt and pepper | |

Mix well, roll in cracker crumbs and bake 2 hrs.

MEAT LOAF

Mrs. Nagel

| | |
|---------------------------------------|-------------------|
| $3\frac{1}{4}$ lbs. hamburger sausage | 2 c. bread crumbs |
| $1\frac{1}{4}$ lbs. pork sausage | Water to moisten |
| 3 eggs | Salt and pepper |
| Onion | |

Mix the above ingredients. over this pour 1 qt. of tomatoes. Sprinkle with a little sugar and bake 2 hrs.

MEAT LOAF

Mrs. H. F. Zirtzman

| | |
|----------------------------------|---------------------------------|
| 1 lb. pork | $\frac{1}{3}$ c. butter |
| 3 lb. hamburger | $1\frac{1}{2}$ c. water or milk |
| 3 eggs | Salt and pepper |
| $1\frac{1}{2}$ c. cracker crumbs | Sage |

Make into loaf and bake $1\frac{1}{2}$ hrs.

CHICKEN CHOW MIEN

Mrs. Henry Klaus

Cook 1 chicken until nearly done. Let cool and cut in pieces. Add 1 stalk celery and 3 large onions, cut up. Cook until done. Then add flour thickening enough to make desired consistency and 1 tbsp. chinese sauce, add mushrooms and bean sprouts, if desired.

PORK CHOPS WITH RICE

Mrs. R. W. Combs

Brown as many pork chops as needed. Lay in a baking dish and on each chop, place a spoonful of dry rice. Add tomato soup and the same amount of water. Bake in oven until rice and meat are tender.

AMERICAN CHOP SUEY

Mrs. R. W. Combs

½ lb. each, veal steak, pork ham and round steak. Cut into ½ in. cubes, roll in flour and brown in fat. Add water to cover. After cooking a few minutes, add 3 small onions, sliced. Have ready, 1 stalk of celery diced and boiled. Add to the meat and cook mixture until meat is done. A can of mushrooms may be added, also a dash of chop suey sauce, in addition to salt, pepper. Thicken if necessary. Served with rice this makes an entire meal.

BAKED MEAT WITH NOODLES

Mrs. R. W. Combs

1 lb. fresh ham, ground finely 2 small onions, minced.
Brown meat in hot frying pan, add onion and fry. Have a pkg. noodles, 1 small can tomato soup, same can full water and place in buttered baking dish. Cover with bread crumbs and grated cheese. Bake about 40 minutes in a moderate oven.

HOT TAMALES

Mrs. W. S. Odell

2 c. corn meal 1½ tsp. salt
6 c. boiling water
Cook the above 15 minutes.
1 tbsp. lard ¼ tsp. cayenne pepper
1 lb. round steak (ground) ¼ tsp. chili powder
2 c. canned tomatoes 1 small pepper
1 tsp. salt

Put lard in frying pan, add the meat and sear well. Add the other ingredients and put in baking dish, add the cooked mush and bake one hr.

TOMATO SAUCE

Mrs. M. H. Runkle

For meats and fish. Cook ½ pt. tomatoes with a chopped green pepper, 2 tbsp. chopped onion and ½ tsp. salt for 15 min. Press through a sieve. Rub together a level tbsp. butter and 2 tbsp. of flour. Add the tomato mixture. Stir till boiling and simmer for 5 min.

MUSTARD SAUCE

Mrs. W. J. Appleby

4 tbsp. ground mustard 1 tbsp. butter
4 tbsp. sugar 1 cup of vinegar
1 egg

Mix and boil together. When cold use on meats.

DRESSING

Mrs. J. F. Helmricks

4 eggs Sage
Bread Onion
Salt Pepper

Add 1 qt. of meat to the above and bake in oven.

MEATS AND THEIR PROPER SAUCES

- Roast Beef—Grated horseradish, tomato sauce.
Roast Pork—Apple sause.
Roast Turkey—Cranberry sauce.
Mutton—A tart jelly.
Roast Lamb—Mint sauce.
Wild duck—Currant jelly.
Boiled tongue—Sliced lemon, horseradish.
Boiled ham—Mustard.
Fresh salmon—Green peas with cream sauce.
Roast goose—Apple sauce, cranberry sauce or grape jelly.

FISH AND SAUCES

Fish is an animal protein and therefore a valuable body building food. Deep salt water fish, such as cod, is a splendid source of iodine which is especially valuable in the diet to prevent goiter.

Sometimes fish sauces are made with tomato and then we are adding the valuable protective vitamins to the dish.

SALMON LOAF

Mrs. H. Preussner

Take one can of salmon, add 2 cups of bread crumbs, 2 eggs, 1 cup sweet milk, salt to taste. Bake in a moderate oven for $\frac{1}{2}$ hr.

SALMON LOAF

Laura Carpenter

1 can of red salmon, 1 egg, 1 tbsp. butter, 1 c. cracker crumbs, salt, pepper, enough milk to moisten. Mix well and form a loaf. Put in buttered tin and bake $\frac{3}{4}$ hr.

SALMON LOAF

Mrs. Frank Mead

| | |
|--------------|----------------------------------|
| 1 can salmon | 2 eggs |
| 1 cup milk | $\frac{1}{2}$ cup cracker crumbs |
| Salt | |

Mix all together and bake.

SALMON LOAF

Mrs. H. F. Zirtzman

1 can red salmon, 1 cup cracker crumbs, 2 eggs, 1 tbsp. butter, 1 tbsp. milk, salt, pepper. Make in loaf and steam $\frac{1}{2}$ hr.

SALMON SOUFFLE

Mrs. Tom Lewis

| | |
|----------------|-------------------------|
| 2 tbsp. butter | 2 tbsp. flour |
| 1 c. milk | 1 c. salmon |
| 4 eggs | $\frac{1}{8}$ tsp. salt |

Make a white sauce of the butter, flour, milk and salt. Add the salmon (minced) with bones and skin removed. Remove from the fire and add the well beaten yolks. Cool and fold in the stifly beaten whites. Pour into a buttered baking dish or into custard cups, set in a pan of hot water and bake in moderate oven for 20 min.

CREAMED SALMON

Empty can of salmon into a baking dish and place in oven about 20 minutes (until it is cooked down). Turn it out into a hot platter. On bottom of pan put 1 tbsp. butter, add 1 tbsp. flour and pour on enough cream or rich milk to make a cream sauce. Pour this over the salmon.

SALMON BALLS

Mrs. J. M. Clendennen

| | |
|--------------|-------------------------------------|
| 1 can salmon | 1 medium sized onion |
| 1 egg | $1\frac{1}{2}$ cups cracker crumbs. |

Moisten with milk, make in patties and fry in hot grease.

ESCALLOPED FISH

Cecile Angell

| | |
|----------------|---------------------|
| 2 tbsp. butter | ¼ tsp. pepper |
| 1 slice onion | 1 can salmon |
| 2 tbsp. flour | ½ c. bread crumbs |
| 1 c. milk | 2 tbsp. lemon juice |

Melt butter in a pan with the onion. Add flour. When smooth, add milk and stir until sauce boils. Remove onions and add salt and pepper. Cover the bottom of a baking dish with one half the salmon, free from bones, sprinkle with lemon juice and cover with the half of the sauce. Repeat, using the remainder of the salmon and sauce. Cover top with bread crumbs. Bake in hot oven for 20 minutes.

CODFISH BALLS

Mrs. M. H. Runkle

Pick apart and soak over night, 1½ pound of codfish. Drain, cover with boiling water, bring to a boil, drain and pound to shreds. Add 2 cups mashed potato, pepper and yolks of 2 eggs. Form into balls, dip in beaten egg, then in bread crumbs and fry in deep fat. Serve with tomato sauce.

SCALLOPED OYSTERS

1 qt. of oysters, look over carefully, removing the bits of shell. Butter a baking dish and put in a layer of cracker crumbs, then oysters, seasonings, lumps of butter more cracker crumbs, oysters, etc. Pour over all, enough rich milk to moisten well. Do not let them be too dry. Bake about ½ hr. or until well browned and puffy.

OYSTER PATTIES

| | |
|---------------|----------------------------------|
| 2 oz. butter | 1 pt. of thin cream or rich milk |
| 3 tbsp. flour | |

Melt butter, stir in flour, add cream and cook till thick. Heat oysters in their own liquid until cooked through. Skim out and add to white sauce, salt and pepper. Serve in shells or on toast.

BAKED HALIBUT

Mrs. R. W. Combs

Take slices of halibut, dip in flour, beaten eggs and then cracker crumbs. Have a pan with fat in it very hot. Lay in the slice of fish and bake about 35 minutes in a medium oven. Serve with tomato or lemon sauce.

SALADS AND DRESSINGS

The food value of salads depends upon the kind. But primarily, we think of salads as a means for serving raw fruits and vegetables, thus supplying the important Vitamin C. Often in winter, cabbage, carrots and apples are our salvation for green foods in rural districts.

Dressings help to make the raw foods more appetizing. The food value of dressings varies. Most dressings have eggs, especially the yolks, for a foundation, thus adding protein, iron and other minerals to the dish. Oils add mostly energy which is lacking in most green fruits and vegetables.

APPLE SALAD

Mrs. Thomas R. Dunn

| | |
|---------------|--------------------------|
| 2 egg yolks | 1 tbsp. flour |
| Pinch of salt | 1 tbsp. mustard |
| 4 tbsp. sugar | $\frac{1}{4}$ c. vinegar |

Mix eggs, salt, sugar, flour, mustard and stir smooth. Add $\frac{1}{2}$ c. cream. Put in double boiler and stir. Heat $\frac{1}{4}$ cup vinegar, add a little at a time, cooking until done. Add cream and cool. Pour over chopped apples, then add 1 cup of whipped cream. Any other fruit may be added.

APPLE SALAD

Mrs. W. P. Adams

| | |
|----------------------------|-------------------------------|
| 4 c. apples | $\frac{1}{2}$ c. dates |
| $\frac{3}{4}$ c. celery | $\frac{1}{2}$ c. chopped nuts |
| $\frac{3}{4}$ c. pineapple | $\frac{1}{2}$ c. coconut |

Any boiled dressing mixed with whipped cream is good with this salad.

APPLE SALAD

Mrs. Ralph Ross

| | |
|-----------------------|----------------------------------|
| 12 medium size apples | $1\frac{1}{2}$ doz. marshmallows |
| 12 bananas | $\frac{1}{2}$ c. walnut meats |

Mix the above with a boiled salad dressing and serve.

PEAR SALAD

Mrs. Al. Burbridge

Drain 1 can bartlet pears, scoop out center of each, making the cavity larger. Take the pieces, cut in cubes, add a few cherries, either red or white, celery and nut meats (almonds preferable). Mix with any good salad dressing, fill the cavity and top it with whipped cream and a cherry on top. Serve on lettuce leaf.

SUMMER TIME FRUIT SALAD

Mrs. Phil Paris

| |
|---------------------------|
| $\frac{1}{2}$ doz bananas |
| 2 oranges |
| 1 large can pineapple |

Drain the juice off the pineapple and thicken with corn starch and add $\frac{1}{2}$ cup sugar. Slice pineapple, oranges and bananas and add the dressing after cooled. Mix together. This is also nice with marsh-

mallows and nuts.

FRUIT SALAD

Anna Sampson

Bananas, oranges, pineapple cut fine. Juice of 1 lemon, add 1 apple and scant $\frac{1}{2}$ cup sugar and 4 tbsp. dressing. Sprinkle with cocoanut and serve.

SPICED APPLES

Mrs. John Luense

$\frac{1}{2}$ c. red hot candies

2 c. sugar

$\frac{3}{4}$ c. boiling water

Boil to a syrup, cook apples until transparent. Can be used for salad with whipped cream or with meats.

PINEAPPLE SALAD

Mrs. Geo. Boehm, Jr.

1 can sliced pineapple

1 lb. grapes

$\frac{1}{2}$ lb. marshmallows

Nuts

About 3 hrs. before salad is needed, take all the juice from the pineapple and in it cut marshmallows and leave to soften, cut pineapple in small pieces, cut grapes, removing seeds, break up nuts and mix together. Then take marshmallows out of the juice, (do not get any juice in the salad), and add to the above. Stir in dressing and whipped cream.

PINEAPPLE SALAD

Mrs. Carl Emerson

1 large can pineapple

1 tbsp. butter

1 c. sugar

1 tbsp. cornstarch

1 egg yolk

Boil juice and stir in the sugar, cornstarch, egg and butter. Cut the pineapple with nuts and bananas and mix.

BANANA SALAD

Mrs. Aug. Sandhagen

Slice bananas lengthwise, serve one at each serving. Roll each half in dressing and then roll in nut meats. Serve on lettuce with dressing over them.

DRESSING

2 tbsp. butter

1 c. milk

3 tbsp. flour

$\frac{1}{2}$ c. pineapple juice

2 tbsp. sugar

2 eggs

1 tsp. salt

$\frac{1}{2}$ tsp. mustard

Make sauce of butter, flour and milk. Beat eggs, add seasoning and juice. Add to first mixture. Cook in double boiler.

BANANA AND ORANGE SALAD

Mrs. W. S. Odell

3 bananas

3 oranges

$\frac{1}{2}$ c. nut meats

Cut the bananas and oranges in small pieces, add nut meats. Whip 1 cup cream, sweeten to taste, and add to the fruit and nuts.

PERFECTION SALAD

Mrs. E. B. Dunning

- | | |
|---------------------|-----------------------|
| 1 envelope gelatine | ½ c. sugar |
| 1 c. cold water | Juice of 1 lemon |
| ½ cup weak vinegar | 1 c. shredded cabbage |
| 2 c. boiling water | 2 c. celery |
| 1 tsp. salt | ½ c. pimento |

Soak gelatine in cold water for five minutes, add the boiling water and stir. Add vinegar, sugar, salt and lemon juice. Allow to cool and when it begins to set, add the remaining ingredients and turn into a mold and chill. Serve on lettuce leaf, topped with dressing.

WALDORF SALAD

Mrs. M. H. Runkle

- 1 c. chopped apples
- 1 c. celery
- 1 c. nut meats

Cover with salad dressing and mix well.

TWO-FOUR AND SIX SALAD

Mrs. B. J. McMahan

- 2 onions
- 4 dill pickles
- 6 apples

Dice all and add sugar and vinegar to taste.

24 HOUR SALAD

Mrs. Alice Meythaler

First part: 1 qt. pineapple, 1 c. chopped nuts, ½ lb. chopped marshmallows.

Second part: ½ c. sweet cream, 3 tbsp. sugar, juice of 1 lemon. Cook in double boiler and cool.

Third part: Whip 2-3 cup sweet cream. Add to second part and then pour over first part and let stand for 24 hours.

MOLDED FRUIT AND CHEESE SALAD

Mrs. Effie Carpenter

Dissolve 2 pkgs. lemon jello in ¾ pt. hot water. Set aside to cool until like thick cream, stirring occasionally. Cut in small pieces ½ doz. oranges and 1 medium sized can sliced pineapple, draining off all juice. Put 1 pt. cottage cheese in dish and put half the jello on the fruit, the rest on the cheese. Pour cheese portion into mold and let stand until hard, then pour on fruit. Cut in slices and serve with dressing. Change by adding pimento to cheese or use any kind of fruit.

MARSHMALLOW SALAD

Mrs. Nick Kersch

- | | |
|----------------------|--------------------|
| 1 can pineapple | ½ lb. marshmallows |
| 1 can white cherries | 1 lb. pecans |

Take the yolk of 4 eggs, juice of 1 lemon, ½ cup cream and 2 tbsp. sugar and boil until thick. When cool, add ½ pt. cream which has been whipped, then add to the fruit. Mix well and let stand 8 to 24 hours. Serve on lettuce leaf.

SPAGHETTI SALAD

Mrs. C. G. Cole

- | | |
|---------------------------|--------------------|
| ½ pkg. spaghetti (cooked) | 3 hard boiled eggs |
| 1 cucumber or pickles | Paprika |
| 1 small onion | Salt to taste |

Mix dressing with whipped cream and combine.

PEA SALAD

Mary Willenborg

- 1 can peas
- 1½ cup cheese
- 3 hard boiled eggs

Drain the juice off the peas, slice eggs and mix with cheese and combine with salad dressing, consisting of ½ c vinegar, ½ c. sugar, 1 tsp. flour, 1 tbsp. mustard and 1 egg. Boil. When cool mix with 1 cup cream and pour over peas, cheese and eggs.

PEA SALAD

Mrs. Frank Faust

- | | |
|------------|----------------|
| 1 can peas | 1 stalk celery |
| 1 onion | ½ c. nut meats |

Mix and place on lettuce leaf and put salad dressing over it.

TOMATO AND CUCUMBER SALAD

Mrs. W. S. Odell

Peel medium size tomatoes and large cucumbers. Slice cucumbers and let stand in salt water for ½ hr. Slice tomatoes and arrange three slices on lettuce leaf. Drain cucumbers and put on tomato slices. Cover with salad dressing mixed with whipped cream.

FRUIT SALAD DRESSING

Mrs. Paul Munson

- | | |
|---------------------|----------------------|
| 4 eggs beaten light | Juice of 2 lemons |
| 1 cup sugar | 2 tsp. melted butter |

Cook in double boiler until eggs taste cooked. Add 2 c. whipped cream. Makes 1 pt. before cream is added.

SALAD DRESSING

Mrs. James Hankins

- | | |
|------------|----------------|
| 1 egg | 1 tbsp. butter |
| ½ c. sugar | 1 tbsp. flour |

Cream the above ingredients together. Stir in ½ cup cider vinegar. Cook until thick, stirring constantly. When done, add 1 tsp. prepared mustard.

SALAD DRESSING

Mrs. Sharp

- | | |
|---------------|----------------|
| 11 egg yolks | 1½ cup milk |
| 1 c. vinegar | 1 tbsp. flour |
| 5 tbsp. sugar | Butter |
| Salt | 4 tsp. mustard |

Fine when making angel food cake to use the yolks.

SALAD DRESSING

Mrs. Fred Egger

- | | |
|----------------------|------------|
| 6 tsp. melted butter | ½ c. sugar |
|----------------------|------------|

3 tsp. flour
6 egg yolks or 3 eggs
Salt and pepper

1 c. milk
1 c. vinegar
 $\frac{1}{2}$ tsp. mustard

Make sauce of butter, flour and milk. Beat eggs, vinegar, sugar, salt, mustard and pepper. Add to white sauce and cook until done.

SALAD DRESSING

Mrs. E. A. Dunlap

Put the juice of 2 lemons to heat. When hot, add the yolks of 2 eggs well beaten with 2 tbsp. of sugar and a small piece of butter. Cook until thick. When cold add 1 cup of whipped cream. Use with fruit combinations of all kinds.

FRUIT SALAD DRESSING

Mrs. Edw. Mangold

3 eggs
 $\frac{1}{2}$ c. sugar
7 tbsp. whipped cream

1 tbsp. flour
1 tbsp. butter
Juice of 1 can of pineapple

Cook the pineapple juice, flour, sugar and eggs until they are thick like cream filling. Let cool then add the whipped cream and pour over the fruit.

SALAD DRESSING

Mrs. Boge

1 c. vinegar
2 tbsp. sugar
Pepper

1 tsp. mustard
 $\frac{1}{2}$ tsp. salt

Let this come to a boil, when boiling add 4 well beaten egg yolks. When cold add 1 cup sweet cream.

CHEESE SALAD

Mrs. Henry Klaus

$\frac{1}{2}$ c. crushed pineapple
 $\frac{1}{2}$ c. grated cheese
 $\frac{1}{2}$ c. diced stuffed olives
Pinch of salt

$\frac{1}{2}$ c. cream, whipped
 $\frac{1}{2}$ c. water
1 tbsp. gelatin

Mix gelatin and water with pineapple and beat. Cool and add other ingredients. Top with mayonnaise.

SALAD DRESSING

Mrs. Henry Prowse

2 eggs, well beaten
 $\frac{1}{2}$ c. vinegar
1 tbsp. flour
1 tsp. Colemans dry mustard

1 c. milk
3 tbsp. sugar
1 tsp. salt

Add to liquid, cook till thick, add juice of lemon and 1 tbsp. butter. Add whipped cream when serving. Makes 1 pt.

PERFECTION SALAD

Mrs. C. H. Merchant

1 envelope Knox gelatin
 $\frac{1}{2}$ c. cold water (let stand 5 min.)
 $\frac{1}{2}$ c. vinegar
1 pt. boiling water
1 tsp. salt

1 c. brown sugar
1 c. chopped cabbage
2 c. celery, cut fine
 $\frac{1}{4}$ c. pimento
Juice of 1 lemon

Add celery, cabbage and pimento after gelatin mixture has cooled. Place in molds or shallow pan.

CHICKEN SALAD

Mrs. C. H. Merchant

- 1 chicken, boil until tender. When cold take from bones and cut fine.
 ½ c. peas 1 c. mushrooms
 1 stalk celery 1 bottle stuffed olives
 6 hard boiled eggs 6 sweet pickles

Add salad dressing mixed with whipped cream to taste.

CREAM CHEESE SALAD

Mrs. C. H. Merchant

6 large sweet peppers, chill, cut small and scoop seeds out. To 1 pt. cottage cheese take 1 pt. chopped nuts, dash of paprika, and salt to taste. Add just enough mayonnaise to make a smooth paste, not too soft. Stuff peppers firmly. Chill, slice with sharp knife in circles. Serve on lettuce.

VEGETABLE SALAD

Mrs. Chas. Merchant

- 1½ c. diced beets ½ c. diced carrots
 Taste of onion 1 c. diced celery

1 c. diccd cooked potatoes

Heat 3 tbsps. oven drippings or butter in a pan. Pour over vegetables and set away to chill. Just before serving, add boiled salad dressing mixed with whipped cream.

MACARONI SALAD

Mrs. Ivan Boone

- 4 c. cooked macaroni
 4 hard boiled eggs
 Onion and pimento

Cover with a dressing made from 1 cup vinegar, 1 cup sugar, 2 eggs well beaten. Salt to taste.

MACARONI SALAD

Mrs. C. H. Abbott

- 1 pkg. macaroni Celery
 1 can pimentos Green onions
 ½ lb. cheese Nuts

Mix together, adding whipped cream.

MACARONI SALAD

Mrs. Hugh McGlade

- 1 box macaroni 2 bunches celery
 3 dill pickles 1 c. cheese
 1 bottle stuffed olives

Cook macaroni until tender, blanch in large amount of water. Drain till dry. Add chopped cheese, celery, dill pickles, stuffed olives and cover with salad dressing. Add English walnuts.

PEA SALAD

Mrs. Hugh McGlade

- 1 can peas ½ cup English walnuts
 3 hard boiled eggs 1 tbsps. pimento
 1 bunch celery

Cover with a good salad dressing.

SALMON AND PEA SALAD

Mrs. Hubert Cocking

Drain juice from 1 can of peas and 1 can of salmon. Mix $\frac{1}{2}$ lb. cheese, cut fine, three sweet pickles and cover with mayonnaise.

SALMON SALAD

Mrs. C. A. Stone

Add to one can of salmon, apples, nuts, onions, celery. Cover with mayonnaise dressing.

DRESSING

| | |
|----------------|----------------------|
| 2 eggs | Salt |
| 1 c. vinegar | 1 can condensed milk |
| 1 tsp. mustard | |

Mix all together and let stand until thick.

TOMATO SALAD

Mrs. Ed. Arnold

Skin ripe, firm tomatoes and remove part of the center. Stuff cavities with seasoned cottage cheese, stand on lettuce leaf and cover with mayonnaise.

ASPARAGUS SALAD WITH SAVORY DRESSING

Miss Ruth Mead

Arrange chilled cooked asparagus on a bed of heart lettuce leaves and arrange the following mixture to represent a band across the middle. Hard cooked eggs, finely chopped, 1 tbsp. finely chopped pimento and pickle, 1 tsp. parsley. Moisten with 4 tbsp. salad oil, beaten with 2 tbsp. lemon juice, $\frac{1}{2}$ tsp. salt and pepper.

POTATO SALAD

Orpha Carlinghouse

8 large potatoes
2 onions
3 hard boiled eggs

For the dressing, take $\frac{1}{2}$ pt. vinegar, butter size of a walnut. Let boil and the add 1 egg, well beaten and 2 tbsp. sour cream. Let boil and when cool pour over the potatoes, onions, eggs. Salt and pepper to taste.

RAW CARROT SALAD

Mrs. J. U. Rector

$\frac{1}{2}$ doz carrots
1 small onion
4 tbsp. salad dressing
1 tsp. sugar

Mix the above ingredients and add $\frac{1}{2}$ cup of either Wesson or Mazola oil and serve.

VEGETABLE SALAD

Mrs. J. U. Rector

| | |
|--|-----------------------------|
| $\frac{1}{2}$ head of shredded cabbage | 4 green onions |
| 1 cucumber | Salt |
| 2 or 3 carrots | $\frac{1}{2}$ c. Wesson oil |
| $\frac{1}{2}$ doz. radishes | $\frac{1}{2}$ c. vinegar |

Mix the ingredients and serve.

BEET SALAD

Mrs. Gilbert Wall

- | | |
|-------------------|-------------------------|
| 1 qt. raw cabbage | 1 qt. boiled beets |
| 2 cups sugar | 1 c. grated horseradish |
| 1 tbsp. salt | 1 tsp. black pepper |

Cover in cold vinegar, can in glass jars.

VEGETABLE SALAD

Mrs. Carrie Tyrrell

Mix with $\frac{1}{2}$ cup of chopped celery, 1 tbsp. minced onion, $\frac{1}{4}$ cup each, of chopped green peppers and cooked beets. Moisten with salad dressing. Arrange in bowl and spread top with dressing and garnish with sliced beets and strips of green peppers.

GREEN STRING BEAN SALAD

Mrs. J. E. Heyer

Cook 1 qt. or more of string beans in salt water, till tender. Strain off water and boil 4 eggs hard. Slice eggs and mix with beans and pour on dressing.

BEAN SALAD

Mrs.-J. R. Gearhart

- | | |
|---------------------|--------------------------|
| 1 can kidney beans | $\frac{1}{2}$ lb. cheese |
| 1 small can pimento | 3 cucumber pickles |

Drain liquid off beans, dice pimento, cheese and pickles. Mix with mayonnaise dressing and serve.

CHICKEN SALAD

Mrs. R. J. McNeill

- | | |
|---|--------------------|
| 2 c. cold chicken | 2 hard boiled eggs |
| 1 c. celery | 6 olives |
| $1\frac{1}{2}$ c. boiled salad dressing | |

Mix chicken and celery with $\frac{1}{2}$ the dressing, one half hour before serving. Serve the salad on lettuce leaf, using the rest of the dressing on top. Garnish with olives and remaining egg. Dust with paprika.

SALAD DRESSING

Mrs. R. J. McNeill

- | | |
|----------------------------|--------------------------|
| 2 tbsp. flour | 2 eggs |
| 2 tbsp. sugar | $\frac{1}{2}$ c. water |
| 1 tsp. salt | $\frac{1}{2}$ c. vinegar |
| $\frac{1}{4}$ tsp. mustard | |

Blend first four ingredients in top of double boiler. Add the water and vinegar to beaten eggs. Pour liquid into dry ingredients. Cook over hot water. When cold add 1 cup cream.

MAYONNAISE DRESSING

Mrs. Glanz

- | | |
|----------------------------|-------------------------|
| $\frac{1}{2}$ c. sugar | 2 eggs |
| 1 tsp. cornstarch | 1 cup sour cream |
| $\frac{1}{2}$ tsp. mustard | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ c. vinegar | |

Beat all together and boil a few minutes.

APPLE SALAD DRESSING

Mrs. A. R. Metcalfe

| | |
|--------------------------|----------------|
| 1 tsp. mustard | 1 tsp. flour |
| $\frac{1}{2}$ c. vinegar | Yolk of 3 eggs |
| 2-3 c. sugar | 1 c. cream |

To dry ingredients add eggs, then the cream. Cook in double boiled until thick.

SALAD DRESSING

Mrs. H. H. Holthaus

| | |
|--------------|----------------|
| 1 c. sugar | 3 tbsp. flour |
| 2 eggs | 1 tsp. mustard |
| 1 c. vinegar | 1 tsp. salt |

Mix dry ingredients, add eggs well beaten, add vinegar. Cook until thick.

SALAD DRESSING

Mrs. J. H. Woeste

$\frac{3}{4}$ cup vinegar, $\frac{1}{4}$ cup water, $\frac{1}{2}$ cup sugar. Mix with 1 rounding tsp. cornstarch, pinch of mustard. Boil. 2 eggs, beat whites and then add yolks, heat and pour boiled part in like frosting. Add 1 tsp. salt, a little pepper and let it come to a boil. When ready to use, mix with 1 cup cream or as desired.

SALAD DRESSING

Mrs. H. L. Keith

| | |
|----------------------------|--------------------------|
| 2 tbsp. butter | 1 tsp. sugar |
| 2 tbsp. flour | $\frac{3}{4}$ c. vinegar |
| 1 tsp. salt | $\frac{1}{4}$ c. water |
| $\frac{1}{2}$ tsp. mustard | 2 eggs |
| $\frac{1}{8}$ tsp. pepper | |

Melt butter, stir in flour, add vinegar and water. When hot and smooth, add salt, mustard, pepper and sugar. Cook until thick and smooth. Remove from fire and pour over well beater eggs, stirring until thoroughly mixed.

SOUR CREAM DRESSING

Mrs. R. W. Harris

| | |
|----------------|------------------------|
| 4 tbsp. sugar | 3 eggs |
| 1 tsp. mustard | 1 pt. thick sour cream |
| 1 tsp. salt | 1 c. vinegar |

Cook in double boiler until thick. This must not boil or it will curdle.

BEET SALAD

Mrs. Hugh McGlade

| |
|--|
| $1\frac{1}{2}$ c. cooked beets (diced) |
| $\frac{1}{2}$ c. diced celery |
| $\frac{1}{4}$ c. English walnuts |

Mix beets and celery with dressing and let stand 10 minutes. Arrange on a bed of lettuce and sprinkle with nuts. A spoonful of mayonnaise may be added if desired.

VEGETABLES

We cannot stress too emphatically the importance of vegetables in the diet. They furnish practically every class of foodstuffs. The starchy ones, such as potatoes and navy beans, furnish mostly energy. The leguminous ones, such as peas and beans, supply body-building material, but the protein are incomplete, so that it is necessary to add some animal food. The very best one to use is milk.

But we think of vegetables mainly as sources of roughage, minerals and vitamins. The green leafy vegetables are important for their iron and vitamin A content. Vitamin B is found in the water in which the vegetables are cooked. Vitamin C is found only in the raw vegetables and fruits or in cooked tomatoes.

CREAMED BEANS

Mrs. Henrietta Bruggeman

Cook 1 pt. navy beans until done. Pour off water; then add 1 pt. tomatoes, 1 cup sweet cream, 1 tbsp. sugar, salt and pepper. One or two onions may be added if liked. Set in oven to brown.

SPANISH BEANS

Mrs. George Boehm Jr.

| | |
|----------------------|---------------------------|
| ¼ lb. bacon | 2 qts. fresh string beans |
| 1 large onion | 1 sweet pepper |
| 1 small can tomatoes | |

Cut bacon and onion very small and fry a little. Add tomatoes, peppers, beans. Cook until beans are tender. Add water as needed. Season to taste.

BAKED BEANS

Mrs. Carl Wellemeyer

| | |
|---------------|--------------------------|
| 1pt. beans | ¼ tsp. dry mustard |
| ¼ tsp. soda | 1 small onion, minced |
| ½ tsp. salt | ½ c. kara or brown sugar |
| ¼ tsp. pepper | ⅓ c. lard |

Soak beans over night. In the morning, drain and boil till the skins begin to loosen in water containing the soda. Drain, combine with the other ingredients in an earthenware baking dish. If desired, a pint or more of tomatoes may be added. Cover baking dish and bake slowly for 2 hrs. Uncover to brown.

EGG POTATOES

Mrs. E. A. Gurke

3 lbs. potatoes, boiled in jackets, 8 hard boiled eggs, 1 qt. sweet cream. Peel and slice potatoes. Place layer of potatoes in baking dish, then a layer of sliced eggs. Alternate until all is used. Season with salt and pepper. Pour on cream until covered. Bake 30 min. or until nicely browned.

CHEESE POTATOES

Mrs. H. R. Muckler

Mix with a small dish of mashed potatoes (left overs), one egg, well beaten, and milk enough to make this very soft. To this add almost a cup of grated cheese. Mix well and bake in a moderate oven from 45 to 60 minutes.

CANDIED SWEET POTATO

Mrs. Emma Thurm

Select even sized potatoes and boil in the skins until tender. Then dip in cold water and rub off skins. Slice in inch pieces and arrange in baking dish in alternate layers of potatoes and sugar and bits of butter. Pour over all a $\frac{1}{2}$ c. of boiling water and bake in moderate oven for half an hour.

SPANISH RICE

Mrs. E. A. Dunlap

Chop 6 slices of bacon. Put in skillet, add 2 small onions and 1 green pepper. Add 2 cups cooked rice. Put in oven and let it blend together for 15 minutes.

SPANISH RICE

Mrs. E. H. Martin

1 c. boiled rice
1 qt. tomatoes
1 minced onion
1 tbsp. green pepper

Season with butter, pepper and salt. Bake about $\frac{1}{2}$ hr. in moderate oven.

MACARONI WITH TOMATOES

Mrs. E. H. Lawrence

2 slices of bacon or 1 tbsp. lard and 1 tbsp. of butter. Put in sauce pan. Dice two small onions and fry light brown in butter. Add to tomatoes. Season. Boil macaroni. Add to tomatoes and onion.

BAKED RICE & TOMATOES

Mrs. Lena Sutton

2 c. cooked rice
1 pt. cooked tomato
5 slices of bacon
Salt and sugar

Mix cooked rice and tomato together, season. Place in baking dish, lay bacon slices on top and bake $\frac{3}{4}$ hr. or until bacon is done.

RICE WITH CREAM

Mrs. R. H. Davey

Boil rice with salt and raisins until tender. Sweeten and season with vanilla. When cold, mix with whipped cream.

SPANISH RICE

Mrs. R. C. Ripple

2 c. rice
3 slices bacon
3 lbs. hamburger
Salt and pepper
1 large onion
1 can tomatoes
1 pimento

Wash and cook rice. Fry bacon, brown the onion, then the hamburger. Add the cooked rice. Add tomatoes, pimento, salt and pepper. Bake about $\frac{1}{2}$ hr.

ESCALLOPED CABBAGE

Mrs. Jos. Hermann

Plunge a $\frac{1}{4}$ head of cabbage in a large quantity of boiling water. Add 1 tbsp. salt, $\frac{1}{2}$ tsp. soda. Cover the saucepan for a few minutes or until the water is boiling. Remove cover and let boil swiftly for 25 or 30 minutes. Drain and chop. Make a white sauce by using 1

1/2 tsp. flour, 1 tbsp. butter. When it bubbles, add 1 cup of sweet milk. Stir until it thickens then add salt and pepper. Put in baking dish and cover with crumbs and cheese. Brown in oven.

CORN FRITTERS

Mrs. Ed. Brockmeyer

| | |
|----------------------------|----------------------|
| 1 can corn | 1 tsp. baking powder |
| 1/4 tsp. paprika or pepper | 2 eggs |
| 2 tsp. salt | 1 c. flour |

Chop corn, add dry ingredients mixed and sifted well. Add the beaten egg yolks and fold in beaten whites. Fry by spoonfuls in fresh hot lard. Drain on paper.

CORN PUDDING

Mrs. Orpha Garlinghouse

| | |
|--------------------|-----------------------|
| 1 can corn | 2 tbsp. melted butter |
| 1 c. milk | Salt |
| 2 well beaten eggs | 1 tbsp. sugar |

Mix, put in buttered baking dish and bake golden brown.

BAKED MACARONI WITH CHEESE

Mrs. Nick Kirsch

| | |
|----------------|-------------------|
| 2 c. macaroni | 1 1/2 c. milk |
| 2 c. tomatoes | 1 c. diced cheese |
| 1 tbsp. butter | 1 tsp. salt |

Boil the macaroni in salted water about 10 min. and rinse in cold water. Put in buttered baking dish with a layer of macaroni, tomatoes and cheese, until all is used. Then add the milk. Bake 20 minutes in a hot oven.

CORN PUDDING

Mrs. H. S. Porter

| | |
|-------------------|----------------|
| 1 can corn | 2 tbsp. butter |
| 2 c. scalded milk | 2 tbsp. flour |
| 1/2 tsp. salt | 2 eggs |
| 1 tsp. sugar | |

Melt the butter, add flour and seasonings and combine with the milk and corn. Add the eggs and bake in moderate oven for 30 min.

FRIED CORN

Mrs. Hugh Pierce

| | |
|----------------------|--------------------------------|
| 1/2 can sweet corn | 1 tbsp. melted butter |
| 1 tsp. sugar | 1 1/2 c. rolled cracker crumbs |
| 1 tsp. baking powder | 3 or 4 well beaten eggs |
| Salt | |

Mix together and drop by spoonfuls in hot butter or drippings. Fry brown on both sides and serve hot.

CORN SOUFFLE

Mrs. E. A. Dunlap

| | |
|-------------------|----------------------|
| 1/4 c. butter | 1/4 c. grated cheese |
| 1/4 c. flour | 3 eggs |
| 2-3 c. milk | Salt and pepper |
| 1 cup cooked corn | |

Bake 25 minutes.

FINE CORN CAKES

Mix 1 cupful of sifted bread flour, $\frac{1}{2}$ cupful of yellow granulated corn meal, 2 level tsp. baking powder, $\frac{1}{2}$ tsp. salt, 1 tbsp. sugar. Stir in 1 cupful milk, 1 well beaten egg and 2 tbsp. melted butter or lard. Beat it and turn into greased muffin pans. Bake in quick oven for about 20 minutes.

ITALIAN GOULASH

Leone Aldrich

$\frac{3}{4}$ lb. hamburger $\frac{1}{2}$ onion
 $\frac{1}{2}$ box spaghetti Salt and pepper

Fry hamburger and onion. Cook spaghetti, add tomatoes and hamburger and place in oven until brown.

CREAMED SPINACH

Mrs. Albert Retz

Cook spinach in boiling water until tender (about 10 min.) Fry one large onion in fat and when done put in drained spinach. Add salt and pepper and 1 cup milk, thicken with flour.

IRISH STEW

Rose Holscher

Make 1 lb. hamburger in balls. Pour boiling water over this. Slice onion and boil for a few minutes. Slice in potatoes and cover either with milk or water. Bake.

BAKED BEANS

Mrs. R. W. Combs

Soak and parboil $1\frac{1}{2}$ c. dry navy beans. Put in a baking dish, alternating beans with catsup and brown sugar. In center of dish put several slices of bacon and put more bacon on top. Salt to taste. Bake slowly until done. Takes about 2 hrs.

$\frac{1}{2}$,kuuu yexinUtaoinotaointaointaointaointaoin taoin aonn

BAKED PEAS

Mrs. Wayne Hall

1 pt. fresh peas or 1 can 6 slices bacon
 1 c. cream or top milk 1 tsp. salt
 $\frac{1}{8}$ tsp. pepper $\frac{1}{2}$ c. bread crumbs

Cut bacon in small pieces and brown. Add peas which have been cooked and drained, the cream, salt and pepper. Put in casserole and cover with bread crumbs and bake 20 minutes.

FLANK STEAK BRAIZED WITH VEGETABLES

Mrs. Wayne Hall

$1\frac{1}{2}$ lbs. flank steak, $1\frac{1}{4}$ in. thick 2 tbsp. flour
 2 tsp. salt 1 tbsp. butter
 $1\frac{1}{2}$ c. sliced raw potatoes $\frac{1}{2}$ c. thinly sliced onion
 1 green pepper, sliced thin 1 c. tomato pulp

Cut with knife across grain of steak to prevent curling. Sprinkle flour and 1 tsp. salt on both sides of meat. Dot with butter and place in iron skillet. Over meat place thick layer of sliced raw potatoes. Add green pepper and season with $\frac{1}{2}$ tsp. salt. Place onions next and rest of salt ($\frac{1}{2}$ tsp.). Pour one cup of tomato pulp over mixture and cover pan or skillet tightly. Cook slowly in oven for two hours. One-half hour before meat is done, remove cover to let it brown. Water may be added to prevent burning. To serve, slice down through layers of vegetables as through a loaf.

BREAD, ROLLS AND SANDWICHES

Because of the starch content of all cereals, bread and rolls are classed primarily as energy-giving foods.

QUICK BISCUITS

Mrs. Jesse Matthews

| | |
|----------------------|-------------|
| 2 c. flour | 1 tsp. salt |
| 2 tsp. baking powder | 2 tbsp. fat |
| 2-3 c. milk | |

Sift flour, baking powder and salt and mix with fat with tips of fingers. Mix milk in with knife. Stir as little as possible. Add just enough to make stiff, one that will not spread when dropped from spoon. Drop on greased tin like drop cookies. Bake 12 to 15 minutes in hot oven.

POTATO ROLLS

Mrs. F. W. Klaus

1 cup mashed potatoes, $\frac{1}{2}$ cup sugar. When cool, add 1 cup cold water in which 1 cake compressed yeast has been dissolved. Let stand in warm place till light. Then add 1 cup shortening, 4 eggs, flour to stiffen. Let raise. Then roll $\frac{1}{2}$ inch thick and cut out with cookie cutter. Put in pans and let raise again. Bake.

BUNS

Mrs. Jno. Barr

| | |
|---------------------|---------------------------------|
| 2 cups bread sponge | $\frac{1}{2}$ c. butter or lard |
| 1 c. sugar | 1 c. warm water |
| 1 egg | |

Mix a little stiffer than biscuit dough. Let rise twice. Mix out like cakes. Put in greased pan, when light, bake in moderate oven.

SWEET BUNS

Mrs. Clara Holthaus

| | |
|-------------------------|-----------|
| 2 c. light bread sponge | 1 c. lard |
| 1 c. sugar | Salt |
| 1 c. luke warm water | |

Mix in a soft batter or as much flour as you can stir in with a spoon. Let stand till noon. Work down and at night shape into flat cakes. Let rise till morning. Bake from 15 to 20 minutes.

BISCUIT

Mrs. M. H. Runkle

| | |
|-------------------------|------------------------|
| 3 c. flour | 3 tbsp. shortening |
| 5 tsp. baking powder | $1\frac{1}{2}$ c. milk |
| $\frac{1}{2}$ tsp. salt | |

Mix flour, salt and baking powder. Cut in the fat with knife and when well mixed, add the milk slowly. Use a little more milk if the dough seems stiff. It must be soft to be good. Bake in a rather hot oven.

DROP BISCUIT

Mrs. W. J. Kurth

| | |
|----------------------|-------------------------|
| 3 c. flour | $\frac{1}{2}$ tsp. salt |
| 2 tbsp. butter | $1\frac{1}{2}$ c. milk |
| 3 tsp. baking powder | |

PENNY ROLLS

Nioma Sampson

| | |
|------------------|----------------------------------|
| 2 c. hot water | 1 c. sugar |
| 2 tbsp. lard | 1 tsp. salt |
| 2 eggs, beaten | 1 yeast cake (soak before using) |
| Flour to stiffen | |

Mix at noon and let stand till next morning. Form small balls and put in gem pans as many as needed. Let raise until ready to bake. Punch rest of dough down and use from it as needed as it will keep for several days if kept cool.

BROWN BREAD

Grace Bishop

| | |
|------------------|------------------------|
| 2 c. sour milk | $\frac{1}{8}$ c. sugar |
| 1 c. white flour | 1 egg |
| 2 c. graham | 1 tsp. salt |
| 1 c. dark karo | 1 tsp. baking powder |
| 1 tsp. soda | |

Steam $2\frac{1}{2}$ hrs.

RUSSIAN BREAD

Mrs. O. E. Johnson

| | |
|--------------------------------|---------------------------|
| $4\frac{1}{2}$ c. flour | $\frac{1}{4}$ c. sugar |
| 1 cake yeast | $1\frac{1}{2}$ c. raisins |
| $1\frac{1}{4}$ c. scalded milk | 2 eggs |
| $\frac{1}{4}$ c. butter | 1 tsp. salt |
| Cinnamon to taste | |

Dissolve yeast in scalded milk. (cooled). Add $1\frac{1}{2}$ c. flour, mix smooth, let stand until light and fluffy. Add eggs, sugar, butter, raisins, salt, remainder of flour and cinnamon. Let stand until double in volume. Divide into 2 equal parts. Cut each part into 3 parts. Roll the parts into strips about 12 inches long. Press ends together and braid. Place on buttered baking sheet, let stand until light, then bake.

GRAHAM LOAF

Julia Satterlee

| | |
|-----------------------------|-------------------------------------|
| 2 c. graham flour | $\frac{1}{2}$ c. dark sorghum |
| 1 c. white flour | $\frac{1}{8}$ c. sugar |
| $\frac{1}{2}$ c. shortening | 1 tsp. salt |
| 1 pt. milk | 1 tsp. soda, dissolved in hot water |

This will serve about 8 people.

COCOA BREAD

| | |
|--------------------------------|-----------------------------|
| $1\frac{1}{2}$ c. bread sponge | $\frac{1}{2}$ c. sweet milk |
| $\frac{1}{2}$ c. sugar | $\frac{1}{4}$ c. raisins |
| $\frac{1}{4}$ c. butter | $\frac{1}{2}$ c. nut meats |
| 2 eggs | $\frac{1}{4}$ c. cocoa |
| Flour | |

Mix bread sponge, sugar and butter and add other ingredients. Make in 2 loaves, let rise and bake in slow oven.

QUICK NUT BREAD

Mrs. Rupert Glass

| | |
|------------------------|--------------------------------|
| $\frac{1}{2}$ c. sugar | 1 c. Pillsburys bran or graham |
| 1 tsp. salt | 1 tsp. soda |

2½ c. white flour
Nuts, dates or raisins

½ tsp. baking powder

Mix dry ingredients first, add remainder of ingredients and bake in a slow oven for 1 hour.

NUT BREAD

Mrs. Geo. Lane

1 c. brown sugar
1½ c. sweet milk
1 egg
1 tsp. salt

2 c. flour
2 c. graham flour
1 c. nut meats
4 tsp. baking powder

Beat egg, add sugar, milk and salt. Add flour and baking powder, then place nut meats on top of flour so they will not settle in the bottom. Bake.

BROWN NUT BREAD

Mrs. Oscar Simons

1 c. sour milk
1 tsp. salt
⅓ c. sugar
½ c. molasses

1 c. white flour
1 c. graham flour
½ c. walnut meats
1 tsp. soda in hot water

Let rise in pans 20 minutes and bake.

NUT BREAD

Mrs. E. B. Timmons

2 eggs
1 c. sugar
2 c. sour milk
1 c. nut meats

Pinch of salt
4 tsp. baking powder
4 c. flour

Beat all together, put in two pans and let raise 20 minutes. Raisins may be added if desired.

NUT BREAD

Mrs. J. C. French

⅓ c. sugar
1 tbsp. shortening
1 egg
1 c. milk

2 c. flour
3 tsp. baking powder
¼ tsp. soda
1 c. nut meats

Mix well and bake in a moderate oven.

NUT BREAD

Mrs. C. G. Cole

2 c. sour milk
½ c. molasses
½ c. sugar
2½ c. graham flour
½ c. nut meats

½ c. white flour
1 dessert spoon soda
1 tsp. salt
½ c. raisins

QUICK RAISIN BREAD

Mrs. Mary E. First

3½ c. flour
1 tsp. salt
4 tsp. baking powder
½ tsp. cinnamon
2 eggs

1 c. milk
4 tbsp. melted butter
4 tbsp. sugar
½ c. raisins, chopped

Sift the salt, cinnamon, flour and baking powder together. Beat the eggs and add the milk and sugar. Combine the liquid and the dry ingredients. Stir in the raisins until well mixed. Place in greased pan and let stand 10 minutes. Bake in moderate oven.

GRAHAM LOAF

Miss Julia Satterlee

| | |
|-------------------|------------------------------------|
| 2 c. graham flour | ½ c. dark sorghum |
| 1 c. white flour | ½ c. sugar |
| ½ c. shortening | 1 tsp. salt |
| 1 pt. sweet milk | 1 tsp. soda dissolved in hot water |

EVERLASTING BREAD

Mrs. Jos. Hermann

| | |
|--------------------------------------|---------------------------|
| 1 qt. milk, scalded and cooled | 1 c. sugar |
| 1 c. mashed potato | 1 c. lard, melted |
| 2 tsp. salt | 2 tsp. baking powder |
| 1 tsp. soda | Flour to make soft sponge |
| 1 cake yeast, softened in ½ c. water | |

Let sponge rise until it is full of gas bubbles and then add more flour to make stiff dough. Knead the dough thoroughly. Put in refrigerator or cool place. It should stand 24 hours before using. It can be used as desired and the dough will keep a long time. Do not let freeze. A weeks supply is about the right amount to make at one time. It can be used for cinnamon rolls, bread sticks, parker house rolls and dinner rolls.

STEAMED BREAD

Mrs. E. A. Dunlap

| | |
|---------------|----------------------|
| 2 eggs | 2 c. sour milk |
| 1 tsp. salt | 1 c. raisins |
| ½ c. sugar | 2 tsp. soda |
| 1 c. molasses | 1 tsp. baking powder |
| 4 c. flour | |

STEAMED BROWN BREAD

Mrs. H. Preussner

| | |
|----------------|----------------------|
| ½ c. molasses | ¾ c. corn meal |
| 2 c. sour milk | 1 c. flour |
| 2 tsp. salt | 1½ c. graham flour |
| 2½ tsp. soda | 3 tbsps. melted lard |

This will make 4 or 5 loaves in baking powder cans. Grease tins and steam 1 hour.

BROWN BREAD

Mrs. Carl Wellemeyer

| | |
|------------------|-------------------|
| ½ c. molasses | ¼ tsp. salt |
| ½ c. brown sugar | 1½ c. wheat flour |
| 2 c. sour milk | 3 c. graham flour |
| 2 tsp. soda | |

Stir well, steam 3 hrs, bake about 20 minutes.

BAKED BROWN BREAD

Mrs. T. Pike

| | |
|--------------------|----------------------|
| 2½ c. graham flour | 1 c. raisins or nuts |
| 1 c. white flour | 1 tsp. salt |

1 pt. sour milk
 ½ c. molasses

Mix soda and salt with white flour. Mix all together and bake in greased pan 1 hour.

1 tsp. soda
 ½ c. corn meal

CORN BREAD

Mrs. A. J. Voelschow

½ c. sugar
 2 tbsp. lard
 2 eggs
 1 pt. sour milk
 Pinch of salt

1 tsp. soda in milk
 3 c. corn meal
 1½ c. flour
 1 tsp. baking powder

CORN BREAD

Mrs. Eggiman

1½ c. white flour
 1½ c. corn meal
 ¼ c. sugar
 1½ c. sweet milk

1 tsp. salt
 ¼ c. lard
 1 egg

CORN BREAD

Mrs. Geo. Holthaus

1 c. sweet cream
 1 c. sweet milk
 ½ tsp. salt
 1 egg

1½ c. corn meal
 ½ c. flour
 2 tbsp. melted lard

If batter is too thick, stir in sweet milk to make the right consistency. Bake quickly.

STEAMED CORN BREAD

Gertie Diesch

2 c. corn meal
 1 c. flour
 2 c. sweet milk
 p. c. sugar or molasses

Salt
 1 tbsp. shortening
 1 tsp. soda

Steam 2 hours and bake ½ hour.

DATE MUFFINS

Mrs. Emma Brockmeyer

⅓ c. butter
 ¼ c. sugar
 ¼ lb. dates
 ¼ tsp. salt

¾ c. milk
 4 tsp. baking powder
 1 egg
 2 c. flour

Cream butter and add sugar, dates, chopped fine. Cream all together and add beaten egg. Then the milk and half the flour, alternately. Baking powder must be added to your flour. Bake in hot greased gem pans about 20 minutes.

DATE MUFFINS

Mrs. Geo. H. Holthaus

1 lb. dates
 1 tsp. soda
 1 c. hot water
 1 tsp. butter

1 egg
 1 c. nut meats
 1 c. sugar
 1½ c. flour

If you do not have enough dates, use raisins with the dates.

GRAHAM MUFFINS

Mrs. H. R. Muckler

- | | |
|-----------------------|----------------------|
| 1 c. graham flour | 1 tsp. salt |
| 1 c. flour | 1 c. milk |
| 2 tbsp. sugar | 1 egg |
| 1 tbsp. melted butter | 4 tsp. baking powder |

Mix and sift dry ingredients, add milk gradually, then egg, well beaten and butter. Bake in quite hot oven for 25 minutes.

GEMS

Mrs. Ella Hartbecke

- | | |
|------------------|----------------------|
| 2 c. sweet cream | Salt |
| 1 c. sweet milk | 3 tsp. baking powder |
| 3 tbsp. sugar | Flour |

Bake in gem pans.

BRAN MUFFINS

Mrs. C. H. Angell

- | | |
|------------|-----------------------------|
| 1 c. sugar | 2 c. Pillsburys bran flakes |
| ½ c. lard | 2 c. flour |
| 2 eggs | 2 tbsp. baking powder |
| 1½ c. milk | Pinch of salt |

Bake in gem pans for ½ hour.

MUFFINS

Mrs. C. E. Hageman

- | | |
|----------------------|--------------------|
| 2 c. flour | 2 eggs |
| 3 tsp. baking powder | 1 c. milk |
| 1 tbsp. sugar | 1 tbsp. shortening |
| 1 tsp. salt | |

Sift flour, baking powder, sugar and salt. Add milk, eggs, and melted shortening. Bake in hot oven 25 minutes.

SANDWICHES

Mr. John Reilly

- 1 pt. olives
- 1½ doz. radishes
- ¼ lb. English walnuts

Chop fine, thin with mayonnaise and serve on toasted bread with lettuce leaf between.

SANDWICHES

- 1 c. lettuce, chopped fine
- 3 onions
- 3 radishes
- Mayonnaise

DINNER SANDWICHES

Mr. John Reilly

Chop one onion fine and fry in butter or with bacon. Cut in small pieces. 3 eggs well beaten, pour in on the cooked onions and bacon, stir constantly until eggs are cooked. Served between buttered toast.

BEAN SANDWICH

Baked beans, mashed to a paste, add mustard, a few drops of vinegar and finely chopped celery. Serve between slices of whole wheat bread.

DELICIOUS SANDWICH

Nicely prepared cottage cheese, mixed with sweet cream and sprinkled with sliced onion makes a delicious sandwich.

WALNUT SANDWICH

1 cup English walnut meats, chopped fine, mixed with enough cream cheese to form a paste. Add salt and pepper and a little dressing if desired.

CHEESE SANDWICH SPREAD

Mrs. Henry Klaus

| | |
|-----------------------|----------------------------|
| ½ lb. American cheese | 1 small can condensed milk |
| 1 tbsp. butter | 1 tsp. dry mustard |
| Scant tsp. salt | Pinch of paprika |

Cut cheese fine and place in double boiler. Let melt, add milk, small amount at a time. Moisten dry ingredients with water and add to cheese and milk. This is especially good between buttered toast.

SQUASH MUFFINS

Ruth Dittmer

| | |
|----------------------|--------------------|
| 1 pt. flour | 4 tbsp. sugar |
| 2 tsp. baking powder | 1 c. sifted squash |
| 2 eggs | 1 tsp. salt |

Milk enough to make a drop batter (about 1 cup)

Bake in muffin tin in a hot oven.

TOASTED BREAD BASKETS

Mrs. Ernest Lawman

Take bread, not too fresh, either round or square sandwich loaves. Remove thin crust from entire loaf and cut into slices about 2½ inches thick. Scoop out each piece, leaving the bottom undisturbed, making a little dish like form. Have a kettle of hot fat, as for frying doughnuts. Drop bread baskets in and cook until a golden brown. Remove and drain. These are fine for serving creamed fish or meats. Finely chopped parsley may be put around on the edge of the baskets.

CINNAMON TOAST

Mrs. R. W. Combs

Toast as many slices of bread as desired. Spread on one side with butter, sprinkle o mixture of sugar and cinnamon. Place under the toaster or in the oven until sugar and cinnamon have melted and partially browned.

SANDWICH LOAF

Mrs. Wayne Hall

Remove crust of 1 loaf of bread, cut loaf in 3 layers. Make meat salad and spread between layers and cover loaf with mayonnaise dressing which is thickened with whipped cream.

DATE ROLL

Mrs. Wayne Dutton

| | |
|-----------------------|----------------------------------|
| 10c marshmallows, cut | 1 lb. dates, stoned and cut fine |
| 5c nut meats, chopped | 10c graham crackers rolled fine |
| ¼ pt. cream, whipped | |

Mix all ingredients, saving a few cracker crumbs out. Form in a roll and roll in remainder of crumbs. Let stand in cool place for several hours. Slice and serve with whipped cream.

DATE BREAD

Mrs. Wayne Hall

| | |
|------------------------|-----------------------------------|
| 1 c. graham flour | 2 c. white flour |
| 3 tbsp. baking powder | $\frac{1}{3}$ c. sugar |
| 2 tsp. salt | $\frac{1}{3}$ lb. dates, cut fine |
| $1\frac{1}{2}$ c. milk | 1 egg |

Mix dry ingredients and add dates. Beat egg with fork and add milk. Pour this into dry ingredients. Mix and put in buttered pans. Let stand for 15 minutes and bake 45 minutes in moderate oven. When cold, cut thin and spread with butter for sandwiches. Date bread is better for sandwiches when a day old.

 PANCAKES AND WAFFLES

These foods also belong to the energy-giving class of foods. However, if whole grain cereals are used, we add roughage and minerals which help to regulate body processes. Vitamin B, a protective element, is also found in cereal germs.

PANCAKES

Mrs. W. H. Clute

| | |
|-----------------|----------------------|
| 2 c. sour milk | 1 egg |
| 1 c. sweet milk | 2 tsp. soda |
| ½ c. cream | Salt |
| Flour | 1 tsp. baking powder |

Beat the egg, then add the other ingredients.

SWEDISH PANCAKES

Mrs. P. Mortenson

| | |
|---------------|-----------------------------------|
| 3 eggs | 2-3 c. flour |
| Pinch of salt | Milk enough to make a thin batter |
| 1 tsp. sugar | |

Bake on hot greased griddle.

SOUR MILK PANCAKES

Mrs. W. J. Kurth

| | |
|----------------|----------------|
| 1 c. flour | ½ tsp. soda |
| 1 c. sour milk | 1 egg |
| ¼ tsp. salt | 1 tbsp. butter |

Mix flour, salt and soda and add the sour milk, melted butter and beaten egg. Pour onto a hot griddle and cook until puffed full of bubbles.

SWEET MILK GRIDDLE CAKES

Mrs. M. H. Runkle

| | |
|----------------------|-----------------------|
| 2 c. flour | 1½ c. sweet milk |
| 4 tsp. baking powder | 1 egg |
| ½ tsp. salt | 2 tbsp. melted butter |
| 2 tbsp. sugar | |

Mix and sift dry ingredients. Beat eggs, add milk and stir slowly into first mixture. Then add butter.

WAFFLES

Mrs. Carrie Tyrrell

| | |
|--------------------|----------------------|
| 1 egg, beaten well | 1 tsp. baking powder |
| 1½ c. milk | 2 tbsp. shortening |
| 1 tsp. soda | 1½ c. flour |
| Salt | |

If you use sour milk, use a tsp. soda and 1 of baking powder, if sweet milk, use baking powder alone.

CORN DODGERS

To 1 cup sour milk, add 2-3 tsp. soda. Beat 1 egg well and add to this with 1 tsp. salt and 1 tsp. sugar, 1½ cup corn meal and 1 cup sweet milk. Beat well and bake on a hot greased griddle.

WAFFLES

Mrs. Henry Klaus

| | |
|------------|-----------------------|
| 1 c. flour | 4 tbsp. melted butter |
| 2 eggs | 2 tbsp. baking powder |
| 1 c. milk | |

Mix thoroughly, the baking powder and the flour, beat egg yolks and add milk and then add to the flour. Add melted butter and egg whites beaten stiff.

WAFFLES

Mrs. R. W. Combs

| | |
|----------------------|-----------------------|
| 2 c. flour | 2 eggs |
| 3 tsp. baking powder | 2 c. milk |
| 2 tbsp. sugar | 3 tbsp. melted butter |

Mix and sift dry ingredients, add milk, then beaten egg yolks, melted butter and whites beaten until stiff. Bake on hot waffle iron. Sprinkling a few nut meats, walnuts or pecans on batter just before putting down the upper iron, makes a pleasing variation of this waffle.

EGGS, MACARONI AND CHEESE

Eggs and cheese are good sources of animal protein or body building material. Eggs supply iron and phosphorous and cheese supplies more lime or bone and teeth building material than any other food. Macaroni being a cereal product, furnishes mostly energy.

STUFFED EGGS

Elsie Dittmer

| | |
|-------------|-----------------------|
| 6 eggs | 1 tbsp. melted butter |
| 3 tbsp. ham | Salt and pepper |

Boil eggs 15 minutes, cut them lengthwise in halves. Take out yolks, mash them finely, add butter and ham. Mix till smooth. Fill the hollow whites with this and press them together. Dip them first in beaten egg, then in bread crumbs. Let dry a little, then fry in hot lard. Serve hot with cream sauce poured over them.

ROYAL SCALLOP

Mrs. M. H. Runkle

First make 2 cups of white sauce. Boil 4 eggs. Grind a half lb. of cooked meat, such as ham, minced ham, etc. Add the yellow of the eggs. Put the cut up whites in the white sauce, then add the meat and yellows, well mixed. Put in a buttered baking dish and cover with cracker crumbs and bake until brown.

FLUFFY OMELET

Esther Clauson

| | |
|-------------|--------------|
| 2 tbsp. fat | 3 tbsp. milk |
| 4 eggs | ½ tsp. salt |
| Pepper | |

Separate eggs. Beat yolks with liquid and seasoning. Beat whites stiff and fold in yolk mixture. Melt fat in frying pan. Pour mixture in pan and cook very slowly until well puffed. Finish cooking in a slow oven until dry and delicately browned on top.

HAM OMELET

A little cold chopped ham. Mix with 4 or 5 beaten eggs. Add ½ or ¾ cup of milk. Season with salt and pepper. Bake in a pudding dish until set. It is nicer to beat yolks and whites separately.

EGG A LA GOLDENROD

Esther Clauson

| | |
|--------------------|----------------|
| 4 hard cooked eggs | 2 tbsp. flour |
| ½ tsp. pepper | 1½ c. milk |
| ¾ tsp. butter | 6 slices toast |

Separate yolks and whites of cooked eggs and chop whites. Make a sauce of flour, butter, milk and seasonings. Add chopped whites to sauce and pour over hot toast. Press yolks through a strainer or crush with a fork and sprinkle on top of toast. Garnish with parsley and serve at once.

WELSH RAREBIT

| | |
|---------------|-------------------|
| ½ lb. cheese | 1 egg or 2 yolks |
| ½ tsp. butter | Soda in ¼ c. milk |

½ tsp. mustard

Pepper

Cut cheese into bits. Put in pan with butter, mustard, pepper.
Beat eggs, add milk. Serve on toast or crackers.

CHEESE FRITTERS

Mrs. Jos. Hermann

1½ c. sifted flour

1 or 2 eggs

2 tsp. baking powder

2-3 c. milk

¼ tsp. salt

½ to 1 full cup cheese.

Fry in deep hot fat.

ESCALLOPED HAM AND EGGS

Florence Lindsay

4 hard boiled eggs

2 c. cold boiled ham (ground)

1 c. cream sauce

2 c. bread crumbs

2 tbsp. milk

Butter a casserole. Put in ⅓ of the crumbs, 2 eggs, cut in rounds,
½ of the ham and ½ of the white sauce. Repeat. Moisten with milk.
Bake 20 minutes in a moderate oven.

MACARONI CASSEROLE

Florence Lindsay

2 c. cooked macaroni

4 tbsp. chili sauce

Small bottle stuffed olives

1 c. grated cheese (large cup)

1 c. milk

1 tbsp. flour

2 tbsp. butter

Put in casserole and bake ½ hour.

CAKES AND FILLINGS

The sugar and starch makes these foods largely energy-giving, though the milk and eggs supply some protein or body building material.

DEVILS FOOD

Mrs. T. Ruddlesdin

| | |
|-----------------------|-----------------|
| 1½ c. sugar | 1 c. sour cream |
| 2 eggs | ½ c. sour milk |
| 2 c. Swans Down flour | 2 tbsp. cocoa |
| 1 tsp. soda | ½ tsp. salt |
| 1 tsp. vanilla | ¾ tsp. butter |

If cream is too rich, take out 2 tbsp. and add sour milk. Sift flour, soda and cocoa together.

RED DEVILS FOOD

Marie Fitzpatrick

| | |
|------------------------------|--------------------------------|
| 1 c. cold water | 6 tbsp. cocoa |
| Boil until thick, then cool. | |
| 2 c. sugar | 1 c. sweet milk |
| 2 tbsp. butter | 1 tsp. soda, dissolved in milk |
| 2 eggs | 2½ c. flour |
| Vanilla | |

DARK CAKE

Mrs. Lucy Alcorn

First part: ½ c. grated chocolate, 1 c. sweet milk, 1 egg yolk. Let boil a few minutes, then cool.

Second part: ½ c. butter, 2 cups sugar, 2 eggs, ½ c. sweet milk, 2 c. flour, 1 tsp. soda, salt and flour. Mix in first part, beat well and bake.

DEVILS FOOD

Alice Holthaus

| | |
|--|-----------------|
| 1 cup water | 2 tbsp. cocoa |
| Boil until thick like cream. Let cool. | |
| 2 c. sugar | ½ c. shortening |
| 1 c. sour milk | 2 c. flour |
| 1½ tsp. soda | Yolk of 2 eggs |
| Vanilla | |

EGGLESS DEVILS FOOD

Mrs. Charles March

¼ cake of unsweetened chocolate, add ½ c. boiling water, 1 tsp. of soda and let stand until other part is mixed.

Cream ½ c. butter, 2 cups brown sugar, ½ c. sour milk, stir in chocolate, 2½ c. flour and vanilla.

OLD BLACK JOE CAKE

Mrs. A. P. Lee

| | |
|----------------------|--------------------|
| 1 c. sugar | 1 tsp. soda |
| 2½ c. flour | 1 tsp. vanilla |
| 1 tsp. baking powder | 2 tbsp. lard |
| 2 eggs | 1 c. boiling water |
| ½ c. buttermilk | ½ c. cocoa |

Cream lard and sugar. stir in beaten eggs, then mix flour alternately with the milk and add the hot water to the cocoa.

CHOCOLATE FUDGE CAKE

Edith Jewell

| | |
|----------------------|------------------------|
| 1 c. sugar | ½ c. hot water |
| ½ c. butter and lard | ½ c. sour milk |
| 1 egg | 1 tsp. soda |
| 2 tbsp. cocoa | 1½ c. Swans Down flour |
| Vanilla | Salt |

Dissolve the cocoa in the hot water and put the rest together in the order given. This makes a 2 layer cake.

CHOCOLATE CREAM CAKE

Mrs. Frank Sly

| | |
|--|--------------------------------|
| 1 c. sugar | ½ c. shortening, partly melted |
| White of 1 egg beaten stiff | Yolks of 3 |
| 1 tsp. soda, dissolved in 2 tsp. water | |
| 1 c. milk | |

Dissolve ½ c. sugar and ½ c. cocoa in boiling water, 1 tsp. vanilla and salt. Add this to the above mixture.

CHOCOLATE NUGGET CAKE

Mrs. Paul Munson

| | |
|-----------------------|----------------------|
| 1½ c. sugar | 1 tsp soda in milk |
| ½ c. butter | 1 c. chopped raisins |
| 2 eggs | 1 c. chopped nuts |
| ¼ c. melted chocolate | 1 tsp. baking powder |
| 1 c. sour milk | 2 c. flour |

SPANISH CHOCOLATE CAKE

Mrs. E. R. Jennerjohn

| | |
|----------------------|------------------------|
| ½ c. butter | 1 tsp. vanilla |
| 1½ c. sugar | 2 sq. melted chocolate |
| 4 eggs | 5 tbsp. boiling water |
| ½ c. milk or water | 1¾ c. flour |
| 4 tsp. baking powder | |

Melt the chocolate, add the boiling water. Cream the butter, add sugar and cream thoroughly. Add yolks and beat hard. Add the milk and melted chocolate and flour. Fold in the stiffly beaten egg whites, vanilla and baking powder. Bake in 2 layers.

COCOA CAKE

Mrs. F. E. Brutsman

| | |
|--------------------------|----------------------------|
| 1½ c. sugar | ½ c. cocoa |
| ¾ tbsp. butter | 2 c. Swans Down Cake flour |
| 2 eggs beaten separately | 1 tsp. soda |

1 c. sour cream 1 tsp. salt
 ½ c. sour milk Vanilla

Cream butter and sugar, add beaten yolks, cream and milk. Sift flour, soda, cocoa and salt together. Fold in stiffly beaten eggs.

CHOCOLATE CAKE

Mrs. Aug. Nieman

2 squares chocolate ½ c. milk

Yolks of 2 eggs

Cook the above until creamy, then add

3 tbsp. butter 1 c. sugar
 ½ tsp. salt ½ c. milk
 1 tsp. soda 1 2-3 c. flour

CHOCOLATE ROLL

Mrs. R. E. Wulfekuhle

1½ c. powdered sugar 5 eggs

2 tbsp. cocoa 1 tsp. vanilla

Beat yolks of eggs well, add sugar which has been sifted with cocoa 3 times. Add vanilla and stiff whites. Bake in shallow pan (9x14) which has been well greased with 2 layers of brown paper. Slow oven for 15 minutes, turn out on sheet of powdered sugar, coat and spread with sweetened cream and roll as you would a jelly roll. Serve with chocolate sauce.

Chocolate sauce: 1 tbsp. butter, 1 sq. chocolate, ½ c. sugar, ¾ c. cream. Cook 3 minutes.

COCOA CAKE

Mrs. C. Rouse

Cream ¾ c. butter (or substitute) add 1½ cup sugar and cream well together. Add 4 eggs, one at a time, unbeaten. Beat mixture until light after adding each egg. Add 3 tbsp. cocoa which has been mixed to a paste in ¼ c. hot water. Sift 2½ cups flour with 2 tsp. baking powder and ¼ tsp. salt. Add to cocoa mixture alternately with ¾ c. milk. Beat well and bake in 3 large cake pans. Bake in moderate oven and put together with boiled white icing.

NUT CAKE

Mrs. B. J. Wulfekuhle

1 c. sugar ½ c. butter or lard

1 c. milk Flour

1 egg 2 tsp. baking powder

NUT CAKE

Mrs. Iva Raudabush

3 egg yolks 1 c. flour

¼ c. cold water 1½ c. sugar

1 c. flour 1 sp. vanilla

¼ c. cold water

2 tsp. baking powder ½ tsp. salt

3 egg whites 1 c. nut meats

Use a large strong Dover egg beater. Beat egg yolks, then beat in each ingredient in order named, adding baking powder and salt with last cup of flour. Fold in egg whites, beaten very light, using a wooden spoon. Bake in a greased papered loaf tin at 350 F. for about

20 minutes. Remove from pan. The two measures of water and flour are correct, they should be added in the order mentioned.

HICKORY NUT CAKE

Mrs. Geo. VonTalge

| | |
|------------------|----------------------|
| 1 c. sugar | 2 tsp. baking powder |
| 1 c. sweet cream | 2 c. flour |
| 2 eggs | 1 c. hickory nuts |
| ½ tsp. vanilla | |

NUT FUDGE CAKE

Mrs. Hugh McGlade

| | |
|---------------------|---------------------------|
| 2-3 c. butter | 2½ c. flour |
| 1½ c. sugar | 2½ tsp. baking powder |
| 1¼ c. milk or water | 2 sq. chocolate |
| 3 eggs | 1 c. English walnut meats |
| Vanilla | |

Bake in a loaf.

SUNSHINE NUT CAKE

Elsie Dittmer

1 c. flour, 1 tsp. baking powder, sifted 5 times, 1 cup sugar, 4 tbsp. boiling water, boil sugar and water till it threads. 1 cup nut meats, 6 eggs, add a little salt in the whites before whipping. Flavor yolks before beating. Add boiling sugar to whites. Whip 10 minutes, then fold in yolks, flour, nut meats. Bake in moderate oven for 1 hr.

NUT CAKE

Cora Wessel

| | |
|-----------------|----------------------|
| 1½ c. sugar | 1 c. walnuts |
| ½ c. butter | 4 egg whites |
| ¾ c. cold water | 4 tsp. baking powder |
| 2 c. flour | 1 tsp. vanilla |

Cream butter and sugar, add the cold water, the flour, half the beaten egg whites, then the nuts, cut and floured, the rest of the beaten egg whites and last the baking powder. Bake in loaf 50 min.

DATE CAKE

Alice Burbridge

| | |
|-------------|----------------|
| 1 c. sugar | ½ c. nut meats |
| 1 egg | Pinch of salt |
| 1½ c. flour | |

Combine 1 tsp. soda in 1 cup hot water, pour over ½ lb. chopped dates, let cool and add to other ingredients. Bake in gem tins and serve with whipped cream.

DATE CAKE

Mrs. Geo. Lane

| | |
|-----------------------|----------------------|
| 1 pkg. dates | 1 tsp. soda |
| 1 c. hot water | |
| Let stand until cool. | |
| 1 c. sugar | ½ tsp. salt |
| 1 tbsp. butter | 2 c. flour |
| 1 egg | 2 tsp. baking powder |

1 tsp. vanilla

1 c. walnut meats

Cream butter and sugar, add beaten eggs, vanilla and salt. Sift flour and baking powder together. Last mix in dates, hot water and soda.

FIG CAKE

Mrs. Estella Woeste

1 cup of figs chopped and 1 tsp. soda in a cup of hot water, pour over figs (soak while making rest of the cake.)

1 c. sugar

1 tsp. baking powder

 $\frac{1}{2}$ c. butter $\frac{1}{2}$ tsp. cinnamon

4 eggs

 $\frac{1}{2}$ c chopped walnut meats

Nutmeg and salt

Add the figs to the above mixture and bake in layers.

FIG CAKE

Mrs. Lewis Beitz

1 pkg. figs

2 eggs

1 c. raisins

1 c. boiling water

1 c. sugar

1 tsp. soda

 $\frac{1}{2}$ c. butter

2 c. flour

Cinnamon

Pour boiling water on chopped figs, add soda and let cool. Mix butter, sugar and beaten eggs. Then add fig mixture, flour and raisins.

PRUNE CAKE

Mrs. Ernest Hugh

1 c. sugar

2 c. flour

2-3 c. butter

 $\frac{1}{2}$ tsp. baking powder $\frac{1}{2}$ c. prune juice $\frac{1}{2}$ tsp. cloves

1 c. chopped prunes

 $\frac{1}{2}$ tsp. nutmeg

1 c. chopped nut meats

 $\frac{1}{2}$ tsp. allspice

3 eggs

Pinch of salt

1 tsp. cinnamon

1 tsp. soda

Dissolve soda in the prune juice.

PRUNE CAKE

Mrs. C. A. Stone

1 c. sugar

1 tsp. soda

 $\frac{3}{4}$ c. shortening

2 c. sifted flour

3 tbsp. sour cream

 $\frac{1}{2}$ tsp. cinnamon

3 eggs

 $\frac{1}{2}$ tsp. nutmeg

1 c. cooked prunes

 $\frac{1}{2}$ tsp. cloves

Mix together and bake in layers.

FILLING

 $\frac{1}{2}$ c. sour cream $\frac{1}{2}$ c. raisins $\frac{1}{2}$ c. sugar

1 egg

Boil together and add 1 cup nut meats.

RAISIN NUT CAKE

Mrs. J. H. Keck

2-3 c. butter

1 c. sour milk

| | |
|----------------|----------------------|
| 1 c. sugar | 2½ c. flour |
| ½ c. molasses | 1 tsp. baking powder |
| 2 eggs | Pinch of salt |
| 1½ c. raisins | 1½ tsp. cinnamon |
| ½ c. nut meats | ½ tsp. cloves. |

Bake in moderate oven.

RAISIN CAKE

Mrs. Clvde Evans

Boil 2 cups raisins 20 minutes.

| | |
|-------------------|----------------------|
| 1½ c. sugar | 1 tsp. soda in water |
| ½ c. butter | 1 tsp. baking powder |
| 2 eggs | 3½ c. flour |
| 1 c. raisin water | 1 tsp. cinnamon |
| 1 tsp. nutmeg | Vanilla and raisins |

FRUIT CAKE

Mrs. Albert Brown

| | |
|------------------|------------------------|
| 1 c. molasses | 1 c. chopped citron |
| 2 c. brown sugar | 1 tsp. nutmeg |
| 1 c. butter | 1 tsp. ground cinnamon |
| ½ c. milk | ½ tsp. cloves |
| 4 eggs | 1 tsp. soda |
| 3 c. raisins | 2 tsp. cream tartar |
| 3 c. currants | 3 tsp. baking powder |

FRUIT CAKE

Mrs. P. T. Faber

| | |
|-------------------------|---------------------------------|
| 1½ c. light brown sugar | 1 tsp. soda dissolved in coffee |
| 1 c. shortening | 1 tsp. cloves |
| 1 c. strong coffee | 1 tsp. cinnamon |
| 1 c. raisins | Flour |
| 1 c. nut meats | |

Bake in moderate oven.

BANANA CAKE

Mrs. Kate Klaus

| | |
|--------------------|----------------------|
| 1 c. sugar | 1 tsp. baking powder |
| ½ c. butter | 1 tsp. soda |
| 2 eggs | 2 c. flour |
| 4 tbsp. buttermilk | 1 c. mashed bananas |

BANANA CAKE

Mrs. O. S. Lillibridge

| | |
|----------------------------|----------------|
| 1½ c. sugar | 2 c. bananas |
| 4 tbsp. sour milk or cream | 3 eggs |
| ½ tsp. soda | ½ c. butter |
| 1 tsp. baking powder | 1 tsp. vanilla |
| Flour | |

PINEAPPLE CAKE

Mrs. W. J. Kurth

Cream 1½ c. sugar and ½ c. butter, add a little water. When very light, add well beaten yolks of 3 eggs, 3 cups of flour, 3 tsp. baking powder and ½ tsp. salt. (Sift flour, baking powder, salt to-

gether). Add cup strained pineapple juice. Beat whites of 3 eggs and add together with tsp. vanilla. Bake in 2 or 3 layers.

CREAM CAKE

Mrs. F. F. Phillips

| | |
|----------------------|----------------------|
| 1 c. sugar | 1 tsp. baking powder |
| 1 c. cream | Salt |
| 2 eggs, beaten light | Vanilla |
| 2 c. flour | |

CREAM DROP CAKES

Mrs. C. K. Greer

| | |
|-----------------|---------------------------------|
| 1 c. sugar | 1 tsp. soda |
| 1 c. sour cream | $\frac{1}{2}$ tsp. cream tartar |
| 1 egg | Pinch of salt |
| 2 c. flour | Flavoring |

Drop in pans and bake a tsp. to each one.

WHIPPED CREAM CAKE

Mrs. R. J. McNeill

| | |
|------------------------|-----------------------------------|
| 1 c. thick sweet cream | 1 $\frac{1}{2}$ c. flour |
| 1 c. sugar | $\frac{1}{2}$ tsp. salt |
| 2 tsp. baking powder | Whites of 2 eggs or use whole egg |

Whip cream with egg beater until stiff. Drop in eggs and whip until all is light. Add sugar, stirring it in, then add flour, vanilla and salt. Bake in 2 layers.

FROSTING

Yolks of eggs, add 2 tbsp. sweet cream, 1 tbsp. cocoa and stir in powdered sugar.

CREAM SPONGE CAKE

Ella Ruddlesdin

2 eggs, 1 cup sweet cream beat well and add 1 cup sugar, salt and flavoring desired. Add 2 cups flour, which has been sifted with 2 tsp. baking powder. Bake in shallow pan and sprinkle with sugar and cinnamon.

SOUR CREAM CAKE

Mrs. Truman Smith

| | |
|--------------------------|----------------------------------|
| 2 eggs | $\frac{3}{4}$ tsp. soda |
| 1 c. sugar | 1 tsp. baking powder |
| 1 c. sour cream | 1 tsp. ground nutmeg |
| 1 $\frac{1}{2}$ c. flour | $\frac{1}{2}$ tsp. lemon extract |

Separate eggs. Beat yolks till light and lemon colored. Add sugar beating well. Sift together dry ingredients and stir in alternately with cream. Add extract. Beat egg whites stiff and fold in. Bake in shallow pan or muffin pans.

SOUR CREAM CAKE

Kathryn Fitzpatrick

| | |
|-------------------------|--------------------------|
| 1 c. brown sugar | 2 tsp. soda |
| $\frac{1}{4}$ c. butter | 1 tsp. cinnamon |
| 1 c. sour cream | 1 c. raisins or dates |
| 2 eggs | 2 $\frac{1}{2}$ c. flour |
| 2 tbsp. molasses | Nutmeg |

WHITE CAKE

Mrs. Joe Evans

- | | |
|--------------|----------------------|
| 1 c. sugar | 1½ c. flour |
| ½ c. butter | 2 tsp. baking powder |
| 2-3 c. milk | 1 tsp. flavoring |
| 4 egg whites | |

Cream butter and add sugar. Add milk. Sift dry ingredients together and add. Fold in beaten whites. Bake in hot oven.

WHITE CAKE

Mrs. H. L. Keith

- | | |
|----------------------|-----------------------|
| 2 c sugar | Whites of 7 eggs |
| ¾ c. butter | 1 tsp. vanilla |
| 1 c. sweet milk | 3 c. Swans Down flour |
| 3 tsp. baking powder | |

Bake as a loaf.

PLAIN CAKE

Mrs. B. E. Hamblin

Beat 2 eggs, add 1 cup sugar and beat this well. Beat 1 cup sweet cream until stiff, add to the sugar and eggs. Beat just enough to mix. Add ½ c. sweet milk, pinch of salt, 1 tsp. vanilla and 2 cups flour sifted with 2 heaping tsp. baking powder. Bake in loaf or layers

WHITE MOUNTAIN CAKE

Mrs. Rob. Sheldon

- | | |
|-----------------|----------------------|
| 1 c. sugar | 1 c. flour |
| ½ c. butter | Whites of 6 eggs |
| ½ c. sweet milk | ½ tsp. vanilla |
| ½ c. cornstarch | 2 tsp. baking powder |

Bake in layers.

ICING

Whites of 2 eggs, 20 tsp. sifted sugar, ½ tsp. vanilla.

ANGEL FOOD CAKE

Mrs. Cliff Robinson

- | | |
|-----------------------------|-------------------|
| 1 large cup egg whites* | 1 large cup sugar |
| 1 large cup Swan Down flour | ¼ tsp. salt |
| 1¼ tsp. cream tartar | 1 tsp. vanilla |

Add salt to egg whites and beat until foamy and glistening. Add cream of tartar and beat until stiff. Then slowly stir in sugar, 1 tbsp. at a time. Add vanilla and fold in flour which has been sifted four times. (This large cup is equal to 1½ measuring cups.)

ANGEL FOOD CAKE

Mrs. Ben Holscher

1½ c. granulated sugar, sifted 3 times. 1 cupful Swans Down Cake flour, sifted 5 times before measuring. Then sift the flour and sugar together 2 times. Beat the whites of 8 eggs, adding 2 tbsp. very cold water before beating. Add 1 tsp. cream of tartar and continue beating until eggs are stiff but not dry. Fold the sugar and flour in the beaten egg whites, a little at a time. Bake in slow oven about 50 to 60 minutes.

ANGEL SPONGE CAKE

Mrs. H. R. Muckler

| | |
|------------------------------|-----------------------------|
| 1¼ c. egg whites (9-11 eggs) | 6 egg yolks |
| 1 c. and 2 tbsp. sugar | ½ c. flour (white part) |
| ½ tsp. salt | ½ tsp. vanilla (white part) |
| 1 tsp. cream tartar | 2-3 c. flour (yellow part) |
| ½ tsp. extract | |

Beat egg whites until foamy. Add salt, cream of tartar, beat until stiff but not dry. Carefully fold in the sugar and divide the mixture in two parts. To one part carefully fold in ½ c. flour, sifted 5 times and ½ tsp vanilla. To the other part fold in 6 beaten egg yolks 2-3 c. flour, sifted 5 times and ½ tsp. extract. Put by spoonfuls into ungreased angel pan, alternating yellow and white as in marble cake. Bake 60 minutes in a slow oven.

YELLOW ANGEL FOOD

Mrs. Fred Jessen

| | |
|------------------|------------------------|
| Whites of 6 eggs | ½ tsp. cream of tartar |
| Yolks of 6 eggs | Pinch of salt |
| 1¼ c. sugar | 1 c. flour |
| 5 tbsp. water | Vanilla |

Beat whites of eggs, add salt and cream of tartar and beat until stiff. Boil sugar and water until it threads, pour over whites slowly and beat 5 minutes, then add well beaten egg yolks, fold in flour and vanilla and bake in a moderate oven.

CHOCOLATE ANGEL FOOD CAKE

Mrs. Geo. Boehm Jr.

| | |
|-----------------------|---------------------|
| 11 egg whites | ½ tsp. cream tartar |
| 2 c. granulated sugar | Pinch of salt |
| 1 c. flour | 1 tsp. vanilla |
| ¼ c. cocoa | |

Sift flour four times. Sift sugar once and add cocoa and sift three more times. Add pinch of salt to eggs, beat until foamy and then add the cream of tartar and beat until light but not too dry. Add slowly the sugar, cocoa mixture, vanilla and fold in the flour. Bake in an ungreased pan for one hour in a slow oven.

FROSTING

| | |
|----------------------|------------------------|
| 1 lb. powdered sugar | 2 tsp. butter |
| ½ c. cream | 2 sq: bitter chocolate |

MOCK ANGEL FOOD

Mrs. Levi Lehman

| | |
|----------------------|---------------|
| 1 c. white sugar | 1 c. flour |
| 1 tsp. baking powder | Pinch of salt |

Sift all three times. Then add 1 cup scalded milk and lastly fold in the beaten whites of 2 eggs and flavor to suit taste. Bake in moderate oven in either loaf or layers.

GOLDEN ANGEL FOOD CAKE

Mrs. Lucy Alcorn

| | |
|------------|------------|
| 1 c. sugar | ½ c. water |
|------------|------------|

Boil till it threads as for frosting, whip whites of 6 eggs to a

stiff froth and pour boiling syrup over it, beating till entirely cold. (about 10 minutes). Then add the well beaten yolks of the 6 eggs. Sift 1 cup flour 3 times in which you have put 2-3 tsp. of cream of tartar and fold into the mixture. Bake in an ungreased angel food pan for about one hour.

EMERGENCY CAKE

Vera L. Miller

| | |
|------------------------|----------------------------------|
| 1 2-3 c. flour, sifted | Butter |
| 1 c. sugar | $\frac{1}{2}$ c. milk |
| 2 tsp. baking powder | $\frac{1}{4}$ tsp. grated nutmeg |
| 2 egg whites | |

Sift together the flour, sugar and baking powder. To the egg whites, in a measuring cup, add enough soft, not melted butter, to half fill the cup. Add milk to fill the cup, turn into dry ingredients, add flavoring and beat vigorously 7 min. Bake in two layers.

PRESTO CAKE

Mrs. Joe Cass

| | |
|----------------------|-------------------------|
| 1 c. sugar | $1\frac{1}{2}$ c. flour |
| 2 tsp. baking powder | 1 tsp. salt |

Sift together. Melt a heaping tablespoon of butter or lard, in a measuring cup, add one egg, fill the cup up with milk. Add to dry ingredients, mix well, flavor and bake. Can be varied with burnt sugar, spices and raisins.

UP SIDE DOWN CAKE

Mrs. H. H. Holthaus

| | |
|-----------------------|-------------------------|
| 1 c. grated pineapple | $\frac{1}{3}$ c. butter |
| 1 c light brown sugar | |

Mix the butter and sugar and cook slowly in a frying pan until melted. Pour the pineapple on top and then pour over the cake batter. Bake in a frying pan. Turn out, pineapple side up and top with whipped cream and serve.

| | |
|-------------------------------|----------------------------|
| Batter: $\frac{1}{4}$ c. fat, | $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{2}$ c. sugar | $\frac{1}{8}$ tsp. salt |
| 1 egg | $\frac{1}{2}$ c. milk |
| $1\frac{1}{2}$ c. flour | |

HOLE-IN-THE-MIDDLE CAKE

Mrs. C. A. Stone

| | |
|-------------|-------------------------|
| 1 c. sugar | $1\frac{1}{2}$ c. flour |
| 1 tsp .soda | 3 tbsp. cocoa |
| Salt | |

Sift all together and place in a mixing bowl. Arrange a hole in the middle and put in 1 cup sour milk, 5 tbsp. melted shortening, 1 whole egg and a little extract. Stir all together and bake in loaf or in layers.

CRUMB CAKE

Mrs. Chris Otterbeck

Crumb together, a lump of butter the size of an egg, 1 c. brown sugar, 1 tsp. cinnamon and 1 c. flour. When thoroughly mixed, take out a large mixing spoonful and save for the top. Add to what remains, 1 tsp. cloves, 1 cup sour milk, 1 tsp. soda, $\frac{1}{2}$ c. raisins and a

little more flour. Put in pan and sprinkle over the top, the large spoonful of crumbs you saved. Bake in moderate oven.

LADY BALTIMORE CAKE

Mrs. Robt. McDowell

| | |
|--------------------------|----------------------|
| 1 $\frac{1}{4}$ c. sugar | 2 tsp. baking powder |
| $\frac{1}{2}$ c. butter | 4 egg whites |
| 1 c cold water | Vanilla |
| 2 c. flour | Salt |

PRINCE OF WALES CAKE

Mrs. Fred Krueger

| | |
|--------------------------------|---------------------------|
| 1 c. sugar | $\frac{1}{2}$ tsp. ginger |
| 1 tsp. soda dissolved in cream | 2 tbsp. sorghum |
| $\frac{1}{2}$ tsp. cinnamon | 1 $\frac{1}{2}$ c. flour |
| $\frac{1}{2}$ tsp. cloves | $\frac{1}{2}$ tsp. nutmeg |
| $\frac{1}{2}$ c. sour cream | |

APPLE SAUCE CAKE

Mrs. Maggie Johnston

| | |
|--------------------------------|-----------------------------------|
| 1 $\frac{1}{2}$ c. sugar | 2 eggs |
| $\frac{3}{4}$ c. lard | 1 $\frac{1}{2}$ c. seeded raisins |
| $\frac{1}{4}$ tsp. salt | 1 tsp. cinnamon |
| 1 $\frac{1}{2}$ c. apple sauce | 1 tsp. soda |
| 2 c. flour | |

Mix sugar and shortening, add well beaten eggs, salt and cinnamon. Then add apple sauce. Mix soda with part of flour and add gradually. Mix raisins with the rest of the flour and add slowly.

MOLASSES CAKE

Mrs. John N. Power

| | |
|-----------------------------|----------------------|
| 1 c. sour milk | 1 tsp. salt |
| 1 c. sorghum | Ginger to suit taste |
| $\frac{3}{4}$ c. shortening | |

Bake in gem tins.

RAINY DAY MOLASSES CAKE

Mrs. LeRoy Chettinger

Break 1 egg in a cup and beat hard. Add 3 tbsp. melted butter and fill the cup with molasses. Add 6 tbsp. hot water, 1 tsp. soda, 1 $\frac{1}{2}$ c flour. Bake in two big pans. Frost with boiled frosting.

BUTTER CAKE

Blanche Holthaus

| | |
|--------------------------|-------------------------------|
| 1 $\frac{3}{4}$ c. sugar | 3 c. flour |
| $\frac{1}{2}$ c. butter | Whites of 4 eggs |
| 1 cup milk or ice water | 2 rounding tsp. baking powder |

BURNT SUGAR CAKE

Mrs. Frank Rice

| | |
|--------------------------|------------------------|
| $\frac{1}{2}$ c. butter | 3 tbsp. burnt sugar |
| 1 $\frac{1}{2}$ c. sugar | 1 tsp. vanilla |
| 3 egg yolks | $\frac{1}{2}$ c. flour |
| 1 c. cold water | 2 tsp. baking powder |
| 2 c. flour | Whites of 3 eggs |

Cream butter and sugar. Add yolks and cold water, 2 cups flour and beat five minutes. Add burnt sugar, vanilla, $\frac{1}{2}$ cup flour and beat again. Then sprinkle with baking powder over top and stir in. Add the beaten whites. Bake in loaf or layer.

BUTTERNUT CAKE

Mrs. M. C. Fitzpatrick

| | |
|-------------------------|-----------------|
| 1 c. brown sugar | 2 tsp. soda |
| $\frac{1}{4}$ c butter | 1 tsp. cinnamon |
| 1 c. sour cream | 1 tsp. nutmeg |
| 2 eggs | 1 c. raisins |
| 2 tbsp. molasses | 1 c. dates |
| $2\frac{1}{2}$ c. flour | 1 c. nut meats |

MAPLE NUT CAKE

Mrs Frank Matthews

Cream 1 cup shortening with 1 cup light brown sugar; add 2 egg yolks. Mix well and add $\frac{3}{4}$ cup milk; sift together $1\frac{1}{2}$ cup flour, $\frac{1}{2}$ tsp. salt and 2 tsp. baking powder. Mix in 1 cup finely chopped nuts and 1 tsp vanilla. Bake in greased loaf pan in moderate oven for 35 minutes. Cover with maple dressing.

MAPLE DRESSING

Add $\frac{1}{2}$ tsp. butter to 2 tbsp. hot milk, add $\frac{1}{2}$ cup sugar to make smooth paste, $\frac{1}{2}$ tsp. maple flavoring and spread on cake. Sprinkle with nut meats while frosting is still soft.

SPONGE CAKE

Mrs. Thomas R. Dunn

| | |
|------------------------------------|------------------------------------|
| 5 eggs separated | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{2}$ c. cold water | $\frac{3}{4}$ tsp. cream of tartar |
| $1\frac{1}{2}$ c. granulated sugar | $\frac{1}{2}$ tsp. baking powder |
| 1 tsp. vanilla | $1\frac{1}{2}$ c. pastry flour |

Sift flour before measuring, add baking powder and sift again. Beat egg yolks, add water and beat hard. Add sugar, flour, salt and vanilla. Beat egg whites until frothy, add cream of tartar and beat until very stiff. Fold in the above mixture. Bake in ungreased pan in slow oven for 50 minutes.

ORANGE CAKE

Florence Evans

6 egg whites. Beat stiff with $\frac{3}{4}$ tsp. cream of tartar. $1\frac{1}{4}$ c. sugar boiled with $\frac{1}{2}$ cup boiling water. Cook until it threads. Pour on egg whites and beat until stiff. 6 egg yolks beat with the rind of 1 orange grated. 1 cup flour sifted several times. Fold the flour in and bake 60 minutes in a slow oven.

ICING

1 egg slightly beaten, 2 tbsp. melted butter, rind of 1 orange, grated and powdered sugar.

SUNSHINE CAKE

Mrs. Alice Burbridge

| | |
|-------------------------|------------------------|
| 6 eggs | 1 tsp. cream of tartar |
| $1\frac{1}{4}$ c. sugar | 3 tbsp. water |

1½ c. Swans Down flour

Boil sugar and water until it threads. Pour over the stifly beaten egg whites and beat five minutes. Add the beaten egg yolks and beat five minutes more. Fold in flour and cream of tartar and flavor with lemon extract. Bake in an ungreased pan for 50 minutes.

GINGER CAKE

Mrs. M. C. Fitzpatrick

| | |
|-----------------|-----------------|
| 1 c. molasses | 2½ c flour |
| ½ c. shortening | 2 tsp. soda |
| ½ c. sugar | 1 tsp. cinnamon |
| 2 eggs | 1 tsp. nutmeg |
| 1 tsp. ginger | 1 c. hot water |

Add hot water last and beat several minutes. Batter will be very thin. Serve with whipped cream.

DRIED APPLE CAKE

Laura Mead

Soak 3 cups of dried apples over night in warm water. In the morning, chop in small pieces. Put in stew pan with 2 cups molasses and simmer for 2 hours, add 2 beaten eggs, ½ c. butter, 2 tsp. soda, spice to taste and flour enough to make a stiff batter. Bake as you would a fruit cake.

ROLL JELLY CAKE

Mrs. Louis Bacon

| | |
|------------|-----------------------|
| 1 c. sugar | 3 tbsps. sweet milk |
| 1 c. flour | ½ tsp. soda |
| 3 eggs | 1 tsp cream of tartar |

Bake and when done spread with jelly, roll and wrap in napkin.

CREAM PUFFS

Grace Schirmer

| | |
|--------------------|-------------|
| 1 c. boiling water | ⅓ c. butter |
| 1 c. flour | 3 eggs |

Put boiling water in basin, add butter, after it is melted, add flour and stir until it forms a soft ball, remove from fire and add one egg at a time, beating well each time. Drop in greased pan by spoonfuls and bake in quick oven about 40 minutes. Fill with whipped cream or cream filling.

CREAM FILLING

½ pt. milk, 1 large tbsp. flour, 1 egg, ¼ c. sugar. When cool add flavoring.

CREAM PUFFS

Mrs Chas. Johnson

| | |
|---------------|---------------------------|
| 4 eggs | 1½ c flour sifted 2 times |
| Pinch of salt | 1 tbsp. butter |
| 1½ c. milk | |

CARAMEL FROSTING

Mrs. Emil Englehorn

| | |
|-------------------|-----------------------|
| 1¼ c. brown sugar | ¼ c. granulated sugar |
| ¼ c. water | |

Boil until syrup will spin a thread. Pour slowly on the beaten whites of two eggs and continue beating until nearly cool. Put pan containing mixture in another pan containing boiling water, set on fire and stir mixture until it is hot. Remove and beat, repeat until you have a heavy mixture, almost like a creamed mashed potato. Will not spread even, but is spread with back of spoon, leaving a rough surface. 1 cup nut meats may be used if desired.

FUDGE FROSTING

Mrs. Paul Munson

2 c. sugar
2 sq: chocolate

Butter size of an egg
2-3 c. milk

Boil until soft ball forms in cold water. Let stand until cold. Beat until creamy.

BROWN SUGAR FROSTING

Mrs. Roy Cocking

Put 2 cups light brown sugar through a flour sieve, add 2 tbsp. sour cream and beat until smooth and stiff. Then spread on cake. More cream may be added if needed.

SEVEN MINUTE ICING

Mrs. Joe Lang

Put 1 egg white, 7-8 cup sugar, 3 tbsp. cold water in the upper part of the double boiler and set over rapidly boiling water. Beat constantly with a Dover egg beater for 7 minutes. Remove, add $\frac{1}{2}$ tsp. vanilla.

GRAHAM CRACKER ICE BOX CAKE

Mrs. R. W. Combs

2 c. rolled graham crackers
 $\frac{1}{2}$ c chopped dates
 $\frac{1}{4}$ tsp. salt

$\frac{1}{2}$ c. nut meats
1 tsp. vanilla

Combine above ingredients. Cream $\frac{1}{2}$ c. butter and 1 c. sugar. add three egg yolks then add first mixture to this. Add 3 egg whites beaten stiff. Form into a loaf, set 24 hours and serve with whipped cream.

WHITE CAKE

Mrs. Henry Klaus

2 c. granulated sugar, sifted
 $\frac{3}{4}$ c. butter
3 eggs
1 c. sweet milk

3 c. Swans Down flour
4 level tsp. baking powder
1 tsp. vanilla
Pinch of salt

Cream sugar and butter, add egg yolks, one at a time, beating vigorously after each egg. Alternate flour and milk, add other ingredients and last, add egg whites, stiffly beaten.

CHOCOLATE ROLL

Mrs. Henry Klaus

$\frac{1}{2}$ c. powdered sugar
5 eggs

2 tbsp. cocoa
1 tsp. vanilla

Beat egg yolks until very light. Add sugar and cocoa and beat until very light, add vanilla and the stiffly beaten egg whites. Bake 15 to 20 minutes in a hot oven in a pan lined with waxed paper. Turn

out on sheet of waxed paper covered with powdered sugar. Whip $\frac{1}{2}$ pt. cream and cover cake. Then roll up like a jelly roll. Top with whipepd cream.

EVER READY FROSTING

Ruth Dittmer

3 c. sugar

 $\frac{3}{4}$ c. karo syrup

1 c. cream

Mix ingredients thoroughly and boil without stirring until it will not separate when dropped into cold water. Remove from fire, let cool. Add flavoring and beat until creamy. This makes a large amount but I put the part I do not use in a fruit jar, screw on the cover and save it for future use. It keeps a long time and is always ready. When you make another cake, while it is still hot, take the frosting from the jar, put it by spoonfuls all over the top.

PRUNE CAKE

Mrs. J. I. Jones

1 c. sugar

 $\frac{1}{2}$ c. butter $\frac{1}{2}$ c sour milk

1 c. prunes, cooked and chopped

2 eggs beaten

1 tsp. soda

1 $\frac{1}{2}$ c. flour

Bake either in layers or in a loaf.

WHITE CAKE

Mrs. S. C. Gildner

1 c. sugar

 $\frac{1}{2}$ c. butter $\frac{1}{2}$ c milk1 $\frac{1}{2}$ c. Swans Down flour

1 tsp. vanilla

Whites of 3 eggs, added last

Pinch of salt

DUSKY ANGEL FOOD

Mrs. Glenn Miller

1 c. egg whites

 $\frac{1}{4}$ tsp. salt

1 tsp. cream tartar

2 c. sugar, sifted 4 times

1 c. flour, sifted 4 times

 $\frac{1}{4}$ c. cocoa, sifted with flour once

1 tsp. vanilla

Beat egg whites and salt until foamy. Add cream of tartar and beat until stiff. Fold in sugar, 1 tbsp. at a time. Add flour and cocoa after sifting, small amount at a time. Add flavoring. Pour in an ungreased angel food cake pan and bake 50 minutes.

 COOKIES AND DOUGHNUTS

These foods are practically all energy-giving. Oatmeal cookies are valuable for roughage and minerals. Molasses is a source of iron.

GINGER SNAPS

Mrs. A. J. Voelschow

- | | |
|--------------------|----------------------------|
| 1 c. brown sugar | 2 tsp. soda (in the water) |
| 1 c. lard | ¼ tsp. cinnamon |
| 2 c. molasses | ¼ tsp. ginger |
| 1 c. boiling water | Pinch of salt |

Add as much flour as needed. Let set over night.

GINGER SNAPS

Mrs. Fred Stock

- | | |
|-------------------------------------|---------------|
| 1 c. sugar | 1 c. sorghum |
| 1 c. butter | 1 tsp. ginger |
| 1 tsp. soda dissolved in warm water | |
| Flour | |

Do not knead. Make into small balls and place on a baking sheet, allowing space between them for spreading.

MOLASSES DROP COOKIES

Ruby Carty

- | | |
|--------------------|-----------------------------|
| 1 c. raisins | 1 tsp. soda |
| ½ c. molasses | 1 tsp. cinnamon |
| ½ c. shortening | 1 tsp. cloves |
| ½ c. water or milk | 1 c. raisins, dates or nuts |
| 3 c. flour | |

Drop from a spoon, allowing room to spread.

MOLASSES COOKIES

Mildred McElliott

Mix into 2 cups of sugar, 1 tsp. soda, 1 c. butter or lard, 1 cup molasses, 2-3 cup sour cream, 3 eggs, ½ tsp. ginger and ½ tsp. salt. Add flour enough to make stiff. Put in greased pans and bake in hot oven.

GINGER CREAMS

Lizzie Hook

- | | |
|--------------------|---------------------|
| 1 c. brown sugar | 2 eggs, well beaten |
| 1 c. molasses | 1 tsp. ginger |
| 1 c. lard | 1 tsp. cloves |
| ½ c. boiling water | 1 tsp. cinnamon |
| 1 tsp. soda | |

SPICE COOKIES

Elma Schechtman

- | | |
|----------------|------------------|
| 1 c. sugar | 1 tsp. soda |
| ½ c. lard | ½ tsp. nutmeg |
| ½ c. sour milk | 1 tsp. cinnamon |
| 1 egg | 1 tsp. allspice |
| ½ c. raisins | 2 tbsp. molasses |
| Flour | 1 tbsp. jelly |

BROWN SUGAR COOKIES

Jennie Frentress

| | |
|------------------|----------------------|
| 2 c. brown sugar | 5 tbsp. cold water |
| 1 c. lard | 1 tsp. soda |
| 3 eggs | 1 tsp. baking powder |

Mix quite stiff, roll and bake.

SOUR CREAM COOKIES

Mrs. Clay Beddow

| | |
|-----------------|----------------------|
| 2 c. sugar | 1 c. sour cream |
| 1 c. shortening | 1 tsp. soda |
| 2 eggs | ½ tsp. nutmeg |
| Flour | 1 tsp. lemon extract |

Cream sugar and shortening, add eggs. Mix well and add cream with soda, then flavoring. Be careful about your flour. Place on flour-ed bread board and cut. Bake in quick oven. May be decorated with raisins or chopped peanuts.

WHITE SUGAR COOKIES

Minnie Culbertson

| | |
|------------------|----------------------|
| 2 eggs | 1 c. shortening |
| 2 c. white sugar | 2 tsp. baking powder |
| 1 cup sweet milk | Vanilla |

Mix soft and bake in quick oven.

SUGAR COOKIES

Aunt Ruth Mead

| | |
|-----------------|-----------------------|
| 2 eggs | 1 c. thick sour cream |
| 2 c. sugar | 1 tsp. soda |
| 1 c. shortening | Flour |

SOUR CREAM COOKIES

Mary E. McGlade

| | |
|-----------------|----------------------|
| 2 eggs | 2 c. sugar |
| 1 c. butter | 1 tsp. soda |
| 1 c. sour cream | 1 tsp. baking powder |
| Flour | Vanilla |

WHITE COOKIES

Gertie Diesch

| | |
|--------------------------|----------------------|
| 2 c. sugar | 1 c. lard |
| 3 eggs | 1 tsp. soda |
| 1 c. sweet or sour cream | 1 tsp. baking powder |
| 1 tsp. nutmeg | Vanilla |
| Flour | Pinch of salt |

1 c. chopped raisins or nuts

BUTTERSCOTCH COOKIES

Mrs. R. J. McNeill

Take 2 cups brown sugar, 1 cup butter and lard mixed, 2 eggs, 1 tsp. soda, 1 cup nut meats, 1 tsp. vanilla, 3 to 4 c. flour, 1 tsp. cream of tartar. Mix all ingredients. Let stand over night. In the morning, slice and bake on greased pan.

SCOTCH COOKIES

Mrs. Louis Bacon

| | |
|-----------------|---------------------------|
| 2 c. sugar | $\frac{1}{2}$ c. molasses |
| 1 c. shortening | 1 tsp. soda |
| 2 eggs | 6 c. flour |

RAISIN DROP COOKIES

Mrs. A. Glass

Cream thoroughly $\frac{1}{2}$ c. shortening with 1 cup of sugar, add 1 egg well beaten, $\frac{1}{3}$ c. milk, $1\frac{1}{2}$ c. rolled oats, 1 c. raisins, $\frac{1}{2}$ c. chopped walnut meats. Add to this mixture, $1\frac{1}{2}$ c. sifted flour, sifted again with $\frac{1}{2}$ tsp. salt and soda and 1 tsp. of each of cinnamon, nutmeg, ginger. Drop from spoon on well greased pan about three inches apart. Bake in a moderate oven about 15 minutes.

FRUIT COOKIES

Mrs. J. H. Woeste

| | |
|----------------------------------|---------------------------|
| $1\frac{1}{2}$ c. sugar | 3 tbsp. water |
| 1 tsp. cinnamon | 3 c. flour |
| $\frac{1}{2}$ tsp. allspice | 1 tsp. soda |
| $\frac{1}{2}$ tsp. ginger | $\frac{1}{2}$ tsp. salt |
| $\frac{3}{4}$ c. butter | $\frac{1}{2}$ c. raisins |
| 3 eggs | $\frac{1}{2}$ c. currants |
| $\frac{3}{4}$ c. chopped walnuts | |

Mix and drop by tsp. on slightly greased tin.

FRUIT COOKIES

Mrs. Eugene State

| | |
|------------------------------|----------------------------------|
| 1 c. brown sugar | 1 egg |
| $\frac{1}{2}$ c. butter | $\frac{1}{2}$ tsp. soda |
| $\frac{1}{2}$ c. cold coffee | $\frac{1}{2}$ tsp. baking powder |
| $\frac{1}{2}$ tsp. nutmeg | $1\frac{1}{2}$ c. flour |
| $\frac{1}{2}$ tsp. cinnamon | $\frac{1}{2}$ c. nut meats |
| $\frac{1}{2}$ c. raisins | |

DATE COOKIES

| | |
|--------------------------|----------------------------------|
| 1 egg | $\frac{1}{2}$ tsp. baking powder |
| $\frac{1}{2}$ sugar | $\frac{1}{8}$ tsp. salt |
| 6 tbsp. flour | $\frac{1}{2}$ c. dates |
| $\frac{1}{2}$ c. almonds | |

Beat egg until light, sift in dry ingredients and beat two min. Add dates, stoned and cut in pieces, and almonds finely chopped. Drop from tsp. on greased tin and bake 10 min. in a moderate oven.

FRUIT COOKIES

Mrs. C. G. Cole

| | |
|------------------------------|----------------------------------|
| 1 c. shortening | $\frac{1}{2}$ tsp. baking powder |
| $1\frac{1}{2}$ c brown sugar | 3 eggs |
| 1 c. chopped raisins | 1 c. figs or dates |
| 1 c. nut meats | 2 c. flour |

BROWNIES

Lucille Hilsenbeck

Melt 2 sq. chocolate or 2 tbsp. cocoa and $\frac{1}{2}$ c. butter in a double

| | |
|------------------------|----------------------------------|
| boiler. | |
| 2 eggs | 1 tsp. vanilla |
| 1 c. sugar | 1 c. nut meats |
| $\frac{3}{4}$ c. flour | $\frac{3}{4}$ tsp. baking powder |

CHOCOLATE ICE CREAM COOKIES

Mrs. J. H. Keck

| | |
|------------------------------|-----------------|
| $\frac{3}{4}$ c. butter | 1 tsp. soda |
| $\frac{1}{2}$ c. white sugar | 2 c. flour |
| $\frac{1}{2}$ c. brown sugar | 2 sq. chocolate |
| 1 egg | Pinch of salt |
| 2 c. sour milk | |

Mix the above ingredients and roll thin. When cold put together with this filling: 2 c. powdered sugar, 2 tbsp. melted butter, $\frac{1}{4}$ c. milk, $\frac{1}{2}$ tsp. vanilla.

CHOCOLATE COOKIES

Mrs B. J. McMahan

| | |
|-------------------------|-----------------------------------|
| $\frac{1}{3}$ c. butter | $\frac{1}{4}$ c. cold water |
| 1 c. granulated sugar | $2\frac{1}{4}$ c. flour |
| 3 oz. chocolate | $2\frac{1}{2}$ tsp. baking powder |
| 1 egg | $\frac{1}{2}$ tsp. salt |

Cream butter and sugar, beating to a cream. Add well beaten egg, then chocolate. Mix thoroughly. Sift flour with baking powder and salt, then add milk. When well mixed, chill and roll out on floured board, cut with cookie cutter and bake in moderate oven. When cool ice.

CHOCOLATE COOKIES

Mrs. Joe Schirmer

| | |
|---------------------------------|-----------------------------|
| 1 c. sugar | $\frac{3}{4}$ c. sweet milk |
| $\frac{1}{2}$ c. butter, melted | 2 c. flour |
| 2 eggs | 2 tsp. baking powder |
| 1 c. chopped nuts and raisins | |

Melt $1\frac{1}{2}$ sq. chocolate and put in last. Flavor.

CHOCOLATE DROPS

Lucy Troup

| | |
|-----------------------------|-------------------------|
| 1 c. brown sugar | 1 egg |
| $1\frac{1}{2}$ c. lard | $1\frac{1}{2}$ c. flour |
| $\frac{1}{2}$ c. sweet milk | Salt |
| 2 tbsp. cocoa | 1 c. chopped nut meats |
| 1 tsp. baking powder | Vanilla |

COOKIES WITH FILLING

Mrs. Rav Lawrence

| | |
|-----------------------------|-------------------------|
| 1 c. sugar | 1 egg |
| $\frac{1}{2}$ c. butter | $3\frac{1}{2}$ c. flour |
| $\frac{1}{2}$ c. sweet milk | 3 tsp. baking powder |

FILLING

| | |
|------------------------|----------------------|
| $\frac{3}{4}$ c. sugar | 1 tbsp. flour |
| 1 c. boiling water | 1 c. chopped raisins |

Cook until thick.

DATE OR RAISIN FILLED COOKIES

Mrs. Rosa M. Harford

| | |
|----------------|------------------------|
| 1 egg | 3½ c. flour |
| 1 c. sugar | 2 tsp. cream of tartar |
| ½ c. butter | 1 tsp. soda |
| 1 c sweet milk | Vanilla |
| Salt | |

Cook filling as for pie with ½ c. sugar, 1 tbsp. flour, 2 c. raisins. Roll out cookie dough, put 1 layer in pan and put filling in and another cookie on top.

DATE COOKIES

Mrs. Carrie Tyrrell

| | |
|------------------|----------------|
| 2 c. rolled oats | 1 tsp. soda |
| 1 c. sugar | Flour |
| ½ c. butter | ½ c. sour milk |

FILLING

| | |
|--------------------|-------------|
| 1 lb. stoned dates | 1½ c. sugar |
| 1½ c. water | |

Boil until thick when cool put in between cookies.

NUT DROPS

| | |
|------------------|---------------|
| ⅓ c. butter | 2¼ c. flour |
| 1 c. brown sugar | 1 tsp. soda |
| 2 eggs | ½ c. nuts |
| 1 tsp. vanilla | ½ c. cocoanut |
| ¼ c. sour milk | |

PEANUT CAKES

Mrs. W. J. Kurth

1 c. Swans Down Cake flour sifted 5 times, 1 c. sugar, sifted 5 times, 4 eggs. Beat yolks and whites separately, each 5 min. Beat half the sugar with the yolks, the remaining half with the whites. Put together and flavor. Bake in medium size ungreased bread pans, when cold, cut in squares, frost on top and all sides with powdered sugar, sprinkle with ground peanuts.

ICE BOX COOKIES

Mrs. G. W. Seward

| | |
|------------------|------------------------|
| 3 c. brown sugar | 1 tsp. cream of tartar |
| 1 c. shortening | 6 c. flour |
| 6 eggs | 1½ c. nut meats |
| 10c cocoanut | 1 tbsp. vanilla |
| 1 tsp. soda | |

Mix in three rolls. Let stand over night. Cut in thin slices and bake in moderate oven.

PEANUT BARS

Mrs. Geo. Wessel

| | |
|---|--------------------|
| 2 eggs (whites & yolks beaten separately) | |
| 1 c. flour | 1 c. sugar |
| 1 tsp. baking powder | ½ c. boiling water |
| Pinch of salt | |

Sift flour, sugar, baking powder and salt together, three or four times. Put in the beaten eggs, add water last. Make powdered sugar frosting and cover on all sides of the cookie and roll in ground peanuts.

OATMEAL DROP COOKIES

Josephine Lamphiear

2 c. oatmeal (not cooked) 1 c. shortening
2 c. flour

Mix together.

2 eggs ½ c. white sugar
1 c. brown sugar 1 c. sour milk
Pinch of salt 1 tsp. soda

Drop from a spoon on well buttered tins and bake in hot oven.

GRAHAM COOKIES

Mrs. Ed Brockmeyer

1 c. sugar 2 tbsp. melted butter
1 c. sour cream 1 egg, well beaten
1 tbsp. molasses 1 tsp. soda
1 tsp. lemon extract Nutmeg
Salt 3 c. graham flour

Beat all together thoroughly, add the graham flour. Drop from tsp. on buttered tins. Put a seeded raisin in center of each drop. Bake slowly.

OATMEAL COOKIES

Freda Wessel

2 c. sugar 3 c. flour
1 c. butter 3 c. oatmeal
3 eggs ½ tsp. cinnamon & cloves
¾ c. sour milk 1½ c. raisins and nutmeats
1½ tsp. soda, dissolved in milk

FILLED COOKIES

Mrs. Ambrose Holtz

1 c. sugar ½ tsp. salt
1 c. brown sugar ¼ tsp. soda
1 c. butter 1 tsp. sour milk
5 c. flour 2 tsp. vanilla
1 tsp. baking powder

Filling: 1 c. chopped seeded raisins, ¾ c. sugar, 1 tsp. cornstarch
1 tsp. vanilla, nutmeg.

TEA STICKS

Gladys Whittman

½ c butter 1¼ c. flour
1 c. sugar ½ tsp. baking powder
2 tbsp. cocoa 1 c. dates
2 eggs 1 c. nut meats
1 tsp. vanilla

Pour out into greased tin and make about ½ inch thick. Bake ½ hr. in a slow oven. Cut in sticks.

MACAROONS

Mrs. C. H. Lawrence

4 egg whites 1 c. nut meats
1 c. sugar 1 pkg. cocoanut
3 c. corn flakes 1 tsp. vanilla

Whip egg whites until they do not slip in the bowl. Fold in sugar, corn flakes, vanilla, cocoanut and broken nut meats. Bake 20 min.

DOUGHNUTS

Mrs. Ralph Ross

| | |
|----------------------|-------------|
| 1 c. sugar | 3 eggs |
| 1 c. sour cream | 1 tsp. soda |
| 1 tsp. baking powder | Flour |

POTATO DOUGHNUTS

Mrs. Will Hess

| | |
|---------------------|----------------------|
| 1½ c. mashed potato | 1 tsp. soda |
| 1½ c. sugar | 2 tsp. baking powder |
| 2 c. butter milk | 3 tbsp. melted lard |
| 1 tsp. salt | Flour |

Roll in powdered sugar.

DOUGHNUTS

Mrs. Luella Faust

| | |
|---------------------|----------------------|
| 1 c. sugar | 2 tsp. baking powder |
| 2 c. sweet milk | 1 tsp. nutmeg |
| 3 tbsp. shortening | Flour |
| 3 eggs, beaten well | |

CHOCOLATE DOUGHNUTS

Mrs. R. E. Glew

| | |
|-----------------------|--------------------------|
| 2 eggs | ½ tsp. salt |
| 1 tbsp. melted butter | 2 tbsp. melted chocolate |
| 1 c. sweet milk | 3 c. flour |
| ¾ c sugar | 2 tsp. baking powder |
| 1 tsp. vanilla | |

Sift together flour, baking powder, salt. Beat eggs, add to sugar, chocolate, butter and milk. Add sifted ingredients, making a medium dough. Roll out ½ inch thick and fry in hot fat. When cool sprinkle with powdered sugar.

CHOCOLATE COOKIES

Mrs. Henry Klaus

| | |
|------------------------|----------------|
| ½ c. shortening | 1 egg |
| 1 c. brown sugar | ½ c. sour milk |
| 1¾ c. flour | 1 c. nut meats |
| 2 sq. melted chocolate | 1 tsp. soda |
| Pinch of salt | |

Cream shortening and sugar and add other ingredients. Bake in hot oven.

BROWNIES

Mrs. Walter Cooley

| | |
|-------------------------------------|--------------------|
| 1 c. sugar | ¼ c. melted butter |
| 1 egg | ¾ tsp. vanilla |
| 2 sq. unsweetened chocolate, melted | |
| ½ c. flour | ½ c. walnut meats |

Mix in order given. Line a seven inch square pan with paraffin paper. Spread mixture evenly in pan and bake in a slow oven. As soon as taken from oven, turn from pan, remove paper and cut cake

in strips, using a sharp knife. If these directions are not followed, paper will cling to cake and it will be impossible to cut in shapely pieces. Serve with tea or ice cream.

CRYSTAL BARS

Mrs. J. I. Jones

- | | |
|----------------------|--------------------------|
| 1 lb. dates | 1 c. nuts |
| 1 c sugar | 1 c. flour |
| 1 tsp. baking powder | 4 eggs beaten very light |
| 1 tsp. vanilla | |

Start in cool oven. When done cut in strips and sprinkle with powdered sugar.

ROCKS

Mrs. S. C. Gildner

- | | |
|---------------------------|------------------------------|
| 1½ c. sugar (light brown) | ½ c. butter |
| 2 eggs | 1 tsp. soda in cup hot water |
| 2-3 c. nut meats | 2-3 c. raisins |
| ½ tsp. cloves | ½ tsp. ginger |
| ½ tsp. allspice | 1 tsp. cinnamon |
| ¾ c. flour | |

MOLASSES COOKIES

Mrs. J. I. Jones

- | | |
|--|-----------------|
| ½ c. sugar | ¾ c. shortening |
| 1 egg | 1 c. sorghum |
| 2 scant tsp. soda in 2 tbsp. hot water | |
| 2 tsp. cinnamon | ½ tsp. salt |
| ¼ tsp. nutmeg | Pinch of cloves |

About 4 cups of flour with pinch of baking powder, possibly more flour. Use sorghum, not molasses.

APPLE SAUCE COOKIES

Mrs. Glenn Miller

- | | |
|-----------------------|----------------------|
| 1¼ c. hot apple sauce | 1 c. sugar |
| 1 c. lard | ½ c. raisins |
| ½ c. dates | ½ c. nuts |
| 2 tsp. soda | 1 tsp. baking powder |
| 2 eggs | 3 c. flour |
| ½ tsp. salt | |

Roll or drop for baking.

CINNAMON DROP CAKES

Mrs. J. I. Jones

- | | |
|-----------------|-----------------|
| 1 c. sugar | 1 c. sour cream |
| 2 c. flour | 1 tsp. soda |
| 1 tsp. cinnamon | 1 egg, beaten |
| Pinch of salt | |

Drop by tsp. on buttered tins. Bake in quick oven. Nuts, dates or raisins may be added.

BROWNIES

Mrs. Walter Rossman

- | | |
|-------------------------|-----------------------------------|
| 1 c. sugar | ½ c. butter |
| 2 eggs, beaten in sugar | 2 sq: chocolate, melted in butter |

1 c. flour

Vanilla

1 c. nuts

Bake slowly.

Frosting: 2 tbsp. butter, 2 tbsp. cocoa, 3 tbsp. hot coffee, powdered sugar to thicken.

POST TOASTIE MACAROONS

Mrs. Walter Rossman

2 egg whites

2 c. post toasties

1 c. cocoanut

1 c. sugar

Vanilla

Beat whites of eggs until stiff, add sugar and vanilla and remaining ingredients. Do not beat but fold in. Drop by tsp. on buttered tin and bake in slow oven.

PIES

Pies are mostly energy-giving because of the qualities of fat and starch used. The rest of the food value depends upon the kind. Custard and other kinds made with milk and eggs add mostly body-building materials. The fruits act as regulators.

CHIFFON LEMON PIE

Mrs. Wayne Dutton

Put the grated rind of one lemon and juice of 2 lemons in double boiler. Beat yolks of 5 eggs and add 1 cup sugar. Add to lemon and cook until a thick custard is formed. Pour over whites of 3 eggs, beaten stiff and pour into baked pie shell and top with meringue made from the two remaining egg whites and brown.

BUTTERSCOTCH PIE

Mrs. M. Guilgot

| | |
|------------------|-----------------------|
| 1 c. brown sugar | 1 tbsp. vanilla |
| 1 c. milk | 1 tbsp. melted butter |
| 2 egg yolks | 1½ tbsp. flour |

Cook till thick, stirring constantly. Put in baked shell, cover with egg whites.

BUTTERSCOTCH PIE

Mrs. Fred Egger

| | |
|----------------------------|----------------|
| 1 egg | 2 tbsp. butter |
| 1 c. brown sugar | 3 tbsp. water |
| 1 c. milk | ¼ tsp. salt |
| 3 tbsp flour or cornstarch | 1 tsp. vanilla |

Place beaten egg yolk into pan, then add brown sugar, flour, milk, water, butter, salt and vanilla. Stir over fire until thick. Place in shell and cover.

ORANGE PIE

Mrs. Ben Holscher

Remove the peeling from 1 orange, cut it in very small bits then add it to ¾ c. sugar, mixed with 2 tbsp. cornstarch, small lump of butter, 2 eggs, saving whites for the frosting. Pour this mixture into 1 cup of boiling water and let it come to a boil. Add a little lemon flavoring. Pour into a baked crust, frost, brown and serve.

PINEAPPLE-PIE

Mrs. Ben Holthaus

| | |
|-------------------------|-----------------|
| 1 c. sweet cream | 1 tsp. butter |
| 1 c. sugar | Yolks of 3 eggs |
| 1 can crushed pineapple | |

Dissolve 1 tbsp. cornstarch in a cup of sweet cream and add to the heated pineapple. Beat whites stiff and fold in lightly.

PRUNE PIE

Cora Wessel

| | |
|---------------------|----------------|
| ½ lb. prunes | 1½ tsp. butter |
| 1 tbsp. lemon juice | 1 tbsp. flour |

½ c. sugar

Wash prunes and soak in enough water to cover. Cook in same water until soft. Remove the stones. Cut the prunes in quarters and mix with sugar and lemon juice. Reduce the liquid to 1½ tbsp. Line the plate with paste. Cover with prunes, pour over it the liquid. Put on an upper crust and bake in a moderate oven.

CREAM PRUNE PIE

Mrs. Myron Fergesen

2 tbsp. sugar added to 1 c. stewed, chopped prunes, 1 c. cream, yolks of 3 eggs, pinch of salt, 1 tsp. vanilla. Bake quickly in an under crust. Use the whites for a meringue. Brown and serve.

RHUBARB CUSTARD PIE

Mrs. Ray Connell

| | |
|--------------------|---------------|
| 1 c. rhubarb | 2 eggs |
| 1 c. sugar | ½ tsp. ginger |
| 1 tsp. flour | 1 c. milk |
| 1 tbsp. shortening | |

Line pie plate with pastry and fill with rhubarb mixture. Cover with meringue made of the stiffly beaten whites.

BANANA PIE

Mrs. Ray Payne

Mix together 1 c. sugar, 2 tbsp. flour and 2 egg yolks, making a smooth paste. Add gradually 1 cup of cold water, 2 tsp. butter. Stir over fire until thick, slice bananas in bottom of baked crust, pour in the filling. Beat egg whites for the meringue.

CHOCOLATE PIE

Ella Rurrlesdin

| | |
|-----------------------|---------------------------|
| 1 c. sugar | ½ tbsp. chocolate |
| Butter size of walnut | 2 tbsp. flour |
| 1 pt. milk | 2 egg whites for frosting |

STRAWBERRY FLUFF PIE

Mrs. Rupert Glass

Line a pie tin with a rich crust and fill with the following mixture: Crush 2 large cups strawberries, add 1 cup powdered sugar and 1 tbsp. cornstarch. Next add the stiffly beaten whites of 2 eggs. Bake in a moderate oven and serve with or without whipped cream.

APPLE MERINGUE PIE

Mrs. M. H. Runkle

Stew tart, juicy apples with just enough water to keep from burning. Mash fine, sweeten and flavor. Fill a rich crust, leaving ¼ inch at the top. Bake until crust is done. Then fill with meringue made with the whites of 2 or 3 eggs and a tbsp. sugar.

CUSTARD PIE

Mrs. J. C. French

Beat 2 eggs together, add ¼ tsp. salt, 3 tbsp. brown sugar, 1 pt. milk. Flavor with cinnamon, nutmeg or lemon. ½ c raisins or ½ c. cocoanut may be added. Bake in a crust in a moderate oven.

LEMON PIE

Mrs E. B. Clark

Rind & juice of 1 lemon 1 c. cold water
 1 c. sugar 2 tbsp. flour
 3 egg yolks

Beat yolks of eggs into water, add grated rind and juice, add sugar, flour. Cook until clear. Pour into baked crust and frost with meringue.

MOCK LEMON PIE

Julia Satterlee

2-3 c. unsweetened apple sauce put through a sieve, add 2 c. hot water, 2-3 c. sugar, pinch of salt, piece of butter the size of a walnut. 2 tbsp. flour, 2 egg yolks. Save whites for the meringue. Flavor with vanilla or lemon Mix flour with a little water. When it begins to boil, put in pie shell which has been baked.

SPICE PIE

Hazel Armstrong

1½ c. sugar 1 c. raisins
 4 eggs 3 tsp. vinegar
 ½ tsp. cloves 1 c. chopped nut meats
 1 tbsp. butter

Bake in an uncooked crust for 30 minutes.

TRANSPARENT PIE

Mrs. Lewis Matthews

2 c. sugar ½ c. tart jelly
 ½ c. butter 2 eggs beaten separately
 ½ c. sweet cream 1 tsp. vanilla

Cream together butter and sugar, add yolks of eggs, cream and jelly, finally flavoring and beaten whites. Partly bake the crust, add above mixture and bake in a slow oven.

SOUR CREAM PIE

Mrs. Mary Reinberg

1 c. sour cream 1 tbsp. vinegar
 1 c. sugar 1 tsp. cinnamon
 1 c. raisins 1 tsp. nutmeg
 1 egg

2 crust pie.

WASHINGTON PIE

Mrs. Chris Otterbeck

3 eggs beaten light. add slowly 1 c. sugar, 6 tbsp. water, 1 cup flour, 1 tsp. baking powder, pinch of salt. Bake in two round cake pans in a slow oven.

Filling of pies: Heat 1 cup of milk to the boiling point. Then add ½ c. sugar, 1 egg and 1 tbsp. flour and boil until thick.

SNOW PIE

Bake crust first.

1 c. sugar 2 tbsp. cornstarch
 Pinch of salt 1 cup of boiling water

Boil the above until thick. then add the beaten whites of 2 eggs,

1 tsp. vanilla. Put in baked crust. cover with whipped cream.

RHUBARB PIE

Mrs. Frank Funke

| | |
|---------------|---------------|
| 1½ c. rhubarb | 2 tbsp. flour |
| 1 c. cream | 1 egg |
| 1 c. sugar | |

Bake with 1 crust.

RAISIN PIE

Mrs. Ella Ruddlesdin

| | |
|----------------------|------------|
| 1 c. raisins, stewed | 1 c. sugar |
| 1 c. sour cream | 1 egg |

Bake with 2 crusts.

RAISIN PIE

Mrs. Frank Jasper

| | |
|-----------------|---------------|
| 1 lb. raisins | ½ c. flour |
| ½ tsp. cinnamon | ½ tsp. cloves |
| ½ tsp. allspice | |

Stir the above into raisins and add 1 cup sugar. Bake between 2 crusts.

PUMPKIN PIE

Mrs. W. J. Kurth

Take almost a gallon of pumpkin before cooked or a large can of pumpkin, 1 tsp. ginger, 1 tsp. cinnamon, 1 tsp. nutmeg, 2 tbsp. corn-starch, mixed well in about 3 cups sugar, 2 eggs, well beaten and 1 pt. of milk.

RAISIN PIE

Mrs. Al. Burbridge

| | |
|----------------------|------------------------|
| 1½ c. sugar | 1 c. seeded raisins |
| 1 tbsp. butter | 1 c. chopped nut meats |
| 4 eggs | 2 tsp. vinegar |
| ½ tsp. ground cloves | |

Cream butter, sugar and egg yolks, add vinegar and cloves, then the nuts and raisins and last the beaten egg whites. Bake in an uncooked pie crust in a moderate oven for ½ hour.

MOCK CHERRY PIE

Mrs. Warren E. Bond

| | |
|---------------------------------|------------------------|
| 1 c. cranberries, mashed | ½ c. cold water |
| 1 c. sugar | 1 tsp. vanilla |
| 1 tbsp. flour, mixed with sugar | 5 drops almond extract |

Mix all together and bake in two crusts in a moderate oven.

MOCK MINCE PIE

| | |
|-------------------|--------------------------|
| 1 c. bread crumbs | 2 c. sugar |
| 2-3 c. vinegar | ¼ c. butter |
| ½ c. water | 1 tsp. cloves |
| 1 c. raisins | 1 tsp. nutmeg & cinnamon |

Mix all together and cook until thick.

PUMPKIN PIE

Mrs. Henry Prowse

| | |
|------------------|--------------|
| 3 eggs | 1 tsp ginger |
| 1 scant c. sugar | ¼ tsp. salt |
| 1 tsp. cinnamon | 1 c. pumpkin |
| Pinch of nutmeg | 1 c. milk |

Serve with whipped cream.

HANDY ANDY PIE CRUST Ruth Dittmer

An idea for busy days.

Bake the bottom crust of the pie on the bottom of the tin as anyone would for soft pies. For the top crust put the bottom of a cake tin or any flat surface that fits, over the top of the pie tin, cover it with dough. Make it as you would a real pie and bake.

When ready to serve, fill the shell with any kind of fruit, fresh or cooked, seasoned to suit the taste and slightly thickened if necessary and cover with top crust, which nestles down as if it had been baked there. These crusts will keep fresh for several days and with a supply of them on hand, you can serve any eleventh hour guest, a crisp, flaky pie.

MINCE MEAT Mrs. W. J. Kurth

| | |
|---------------------|------------------------|
| 3 bowls meat | 2 bowls seeded raisins |
| 5 bowls apples | 2 bowls currants |
| 1 bowl molasses | 5 bowls sugar |
| 1 bowl vinegar | 2 tbsp. cinnamon |
| 1 bowl cider | 2 tbsp. nutmeg |
| 1 bowl chopped suet | 1 tsp. salt |
| 3 lemons | 1 tsp. pepper |

Boil all the above ingredients except the meat and spices.

NEW ENGLAND MINCE MEAT

Mix together two pounds of cooked tongue and ½ lb. fresh beef, salt. Chop fine 4 lbs. of apples that have been quartered, add 2 cups of honey, 1 small cup of molasses, 1 qt. of cider, 2 lbs. raisins, 1½ lbs. currants, quarter lb. shredded citron and a little paprika, 2 oz. minced candied lemon peel. Turn into a kettle. Add half of the liquid, the tongue was boiled in, simmer for 1 hour then can if you wish.

PUDDINGS, DESSERTS, ETC.

Puddings and sweet sauces are mostly energy-giving foods. When fruits are used we add roughage, minerals and vitamins.

DATE PUDDING

Mrs. Ed Brockmeyer

| | |
|----------------------|--------------------|
| 1 qt. water, boiling | ½ c. graham flour |
| Pinch of salt | 1 c. sugar |
| 2 c. chopped dates | ½ c. nuts, chopped |

Cook water, sugar and flour to a mush, add nuts and dates and beat smooth. Serve with plain or whipped cream.

DATE PUDDING

Mrs. M. J. McEnany

1 pkg dates cut fine. Wash dates and cover with 1 tsp. soda and 1 cup boiling water. Let stand and when cool add to cream.

| | |
|----------------|----------------------|
| 1 c. sugar | 1 egg |
| 1½ c. flour | ¼ tsp. baking powder |
| 1 c. nut meats | |

FIG PUDDING

Mrs. R. H. Wessel

| | |
|-----------------|----------------------------|
| ¼ c. butter | 2 eggs |
| 1 c. sugar | 2 tsp. baking powder |
| ½ c. milk | 7 figs cut in small pieces |
| 1 tsp. cinnamon | 1 tsp. vanilla |
| Pinch of salt | Flour |

FRUIT PUDDING

Mrs. C. G. Cole

| | |
|----------------------|-------------------|
| ½ c. dates, cut fine | ½ c. sugar |
| ½ c figs, cut fine | 2½ c. water |
| ½ c. nut meats | ½ c. graham flour |

Boil the sugar, water and graham flour 20 minutes, adding fruit, cook all together until thick. Cool and serve with whipped cream.

MARSHMALLOW PUDDING

Mrs. George Edmonds

Whites of 6 eggs beaten stiff. add gradually 1 cup white sugar. Dissolve 2 tbsp. Knox Gelatin in 1 cup boiling water. Add to beaten eggs. Take ½ mixture and color pink, flavor with strawberry extract and add chopped nuts. Flavor other half with lemon, add candied cherries, pineapple and marshmallows. Serve with whipped cream.

FIG PUDDING

Mrs. W. J. Kurth

| | |
|-----------------------|---------------------------|
| 3 eggs beaten lightly | 1 c. English walnut meats |
| 1 c. sugar | 1 c. chopped figs |
| 1 tbsp. flour | 1 tsp. baking powder |

FIG TAPICOA PUDDING

Mrs. C. G. Cole

Cook till clear, 3 tbsp. minute tapioca in 2 c. water with 1 tsp. butter. Chop ½ cup figs, fine. Add 1 cup water, 1 cup sugar, 1 tsp.

cornstarch. Cook until smooth and then mix with the tapioca, add $\frac{1}{2}$ tsp. vanilla and cool. Serve with whipped cream.

FRUIT TAPICOA

Myrtle Clendennen

| | |
|-------------------------|---------------------------|
| 1 c. minute tapioca | 18 or 20 marshmallows |
| 4 c. boiling water | $\frac{1}{4}$ c. cocoanut |
| $\frac{1}{2}$ tsp. salt | 4 tbsp. lemon juice |
| $\frac{1}{2}$ c. sugar | 1 can grated pineapple |

Cook tapioca in double boiler with boiling water and salt, until transparent. Combine with sugar, grated pineapple, lemon juice. Pour into buttered baking dish, place marshmallows on top. Sprinkle with cocoanut and brown in a moderate oven. Serve either hot or cold with cream or without.

TAPICOA PUDDING

Put three quarters of a cup of tapioca to soak in cold water, over night. Drain and pour five cups boiling water over it and cook in double boiler until transparent. Add $\frac{1}{4}$ tsp. salt and stir frequently. Core and pare 6 apples, fill cores with sugar and sprinkle with cinnamon. Place in baking dish and pour over it the tapico. Bake till apples are very soft. Serve with cream and sugar.

CHERRY PUDDING

Ruby Carty

| | |
|-----------------------|-----------------------------------|
| 2 eggs | $1\frac{1}{2}$ tsp. baking powder |
| 1 c. milk | Pinch of salt |
| 1 tbsp. melted butter | 1 tbsp. sugar |
| 2 c. flour | |

Beat eggs, add rest in order given. Turn into shallow greased pan. Over the top sprinkle fresh or canned cherries. press into batter, then sprinkle 3 tbsp. sugar over top. Bake 30 min. in a moderate oven. Serve hot with cream and sugar.

CHERRY PUDDING

Mrs Fred G. Hartke

| | |
|------------------|----------------------|
| 1 c. white sugar | 1 c. sweet milk |
| 2 c. flour | 2 tsp. baking powder |

Cherry Part: 2 c. pitted cherries, 2 c. cherry juice, butter size of an egg. Boil up and pour over batter hot. Bake in a moderate oven about 20 minutes. Serve with whipped cream. Any kind of canned fruit may be used.

RHUBARB PUDDING

Minnie Culbertson

2 c. rhubarb and 2 c. stale bread, cut fine. Alternate rhubarb and bread in baking dish with dots of butter, nutmeg and sugar to each layer, adding a layer of bread last. Beat yolks of 2 eggs and add to them $\frac{1}{2}$ c. sugar, 2 cups milk. Pour over pudding and bake 1 hr. Beat egg whites and spread on top and brown.

PUFF PUDDING

Mrs. Will Troup

| | |
|-------------|----------------------|
| 1 pt. flour | 2 tsp. baking powder |
|-------------|----------------------|

1 tsp. soda dissolved in 1 c. milk

Put in a double boiler and steam for 1½ hours. Serve with sauce.

CARAMEL HARD SAUCE

Mrs. F. E. Allen

½ c. butter

1 c. powdered sugar

Beat together and then add the beaten white of one egg. Flavor with vanilla.

APPLE ROLL

Mrs. Fay Nelson

4 medium size apples

1½ c. sugar

1 pt. water

2 c. flour

3 tbsp. shortening

½ c. milk

4 tsp. baking powder

½ tsp. salt

2 tbsp. sugar

Peel, core and chop apples fine. Put sugar and water in a deep baking dish over a slow fire and cook to a thin syrup. Roll the dough about ½ inch thick and spread with chopped apples. Then roll up like a cinnamon roll and cut in two inch pieces and place in syrup in baking dish. Sprinkle with cinnamon and put small pieces of butter on top of each. Bake in hot oven until apples are done and crust is a golden brown. Serve with plain or whipped cream.

APPLE WHIP

Mrs. Roy Meister

Peel, core and slice two large apples. Place in a sauce pan with 1½ tbsp. water, 1½ tsp. lemon juice, ½ tsp. grated lemon rind and cook slowly until soft. Sweeten with 4 tbsp. sugar. Whip the white of an egg to a stiff froth, fold it in the apple lightly and whip again. Add whipped cream,

COCOA PUDDING

Mrs. H. M. Logan

2 oz. cocoa

5 oz. sugar

5 oz butter

½ tsp vanilla

3 eggs

Melt butter and cocoa on stove. Then take the yolks of eggs and sugar and stir for 15 minutes, add this to the cocoa and butter. Beat whites of eggs very stiff and stir into the pudding, adding the vanilla. Bake ½ hour. Serve with whipped cream.

CARAMEL PUDDING

Mrs. Henry Klaus

Caramelize 1 cup granulated sugar. Heat 1 pt. milk and add caramelized sugar to it. Stir until sugar is dissolved. Then add 3 eggs beaten light and a pinch of salt. Bake 30 minutes in a slow oven.

PARADISE PUDDING

Mrs. Henry Klaus

1 doz. macaroon cookies

1 doz. Marachino cherries

½ c. nat meats, almond or pecons

1 pkg. lemon jello

1 doz. marshmallows

Dissolve jello in 1 pt. of boiling water. Let it jelly and whip with Dover beater. Whip 1 cup cream and add, then add macaroons and

nut meats which have been ground through the food chopper and the marshmallows and cherries, diced. Let chill and serve with whipped cream.

GRAPE NUT FRUIT PUDDING

Mrs. Henry Prowse

1 pkg. lemon jello 1 pt. boiling water

Sweeten a little, when luke warm, add 1 cup grape nuts. When cold add as you choose, raisins, dates, figs, nut meats, all chopped. Mix thoroughly in dish and put in ice box to set. Serve with whipped cream.

FRUIT PUDDING

Mrs. Henry Prowse

Put apricots or any fruit in pudding pan or dish. Take 2-3 c. sugar, 1 c. sour cream, 1 egg, 1 tsp. soda, scant 2 c. flour, 1 tsp baking powder, pinch of salt. Mix eggs and sugar. Add sour cream, add dry ingredients, mixed and sifted. Pour over fruit in casserole and bake in oven till top is done.

May use rhubarb with nutmeg, apples with nutmeg with sugar and butter dotted over, pineapple and nut meats, gooseberries with sugar, in fact, any kind of fruit with the proper seasoning.

RICE PUDDING

Mrs. Henry Prowse

$\frac{1}{4}$ c. raw rice 1 qt. milk
 $\frac{1}{2}$ c. sugar Pinch of salt

Stir while baking. Can add apples, apricots, raisins or any desirable fruit.

BOILED RICE

Add pineapple, marachino cherries (as much as desired), to rice. Chill, serve with whipped cream.

PRUNE WHIP

Mrs. J. I. Jones

$\frac{3}{4}$ c. prunes, cooked until tender Whites of 4 eggs beaten stiff
 $\frac{1}{2}$ c. sugar 1 tsp. vanilla

Beat well, put in baking dish, set in pan of water and bake 40 minutes.

SAILORS PUFF PUDDING

Mrs. J. I. Jones

1 egg, beaten, 2 tbsp. sugar, $\frac{1}{2}$ c. molasses, beat, 1 tsp. soda in $\frac{1}{2}$ c. boiling water, 1 tsp. baking powder in $1\frac{1}{2}$ c. sifted flour. Steam 1 hr

Sauce: Yolks of 2 eggs, beaten, $\frac{1}{2}$ c. powdered sugar, 1 pt. whipped cream, vanilla.

NUTTED CREAM

Mrs. George Keiser

1 pt. cream whipped, $\frac{3}{4}$ c. sugar, marshmallows, cut up, nut meats, cut up, $\frac{1}{2}$ can of pineapple, 1 tbsp. Knox gelatin, dissolved in pineapple juice, cool and add to the ingredients, add whites of 2 eggs, beaten stiff.

WALNUT CREAM

Mrs. Walter Cooley

Put $\frac{1}{2}$ c. rice in a double boiler and let cook slowly with milk. Make boiled custard of yolks of 3 eggs, $\frac{1}{2}$ c. sugar, 1 qt. milk, 2 tbsp. flour. Mix flour with sugar. When custard is thick, beat in rice, 1 c. walnut meats, flavor and let cool. Serve with whipped cream.

PINEAPPLE DESSERT

Mrs R. W. Combs

| | |
|--------------------|-------------------------|
| 1 pkg. lemon jello | $\frac{1}{2}$ pt. cream |
| 8 slices pineapple | 10 marshmallows |
| 12 pecan meats | |

Fix jello as always. When about set, beat up with an egg whip. Have ready the pineapple, marshmallows, and nuts, all cut up in small pieces, and the cream whipped and sweetened. Fold all these together and place in a cold place to harden. Serve with a small topping of whipped cream and a pecan meat or cherry on top.

MACARON DESSERT

Mrs R. W. Combs

Grind as many macarons as desired, add 1 c. dates, $\frac{1}{2}$ c. nut meats, and bind together with whipped cream. Make into a loaf. Let set several hours. Serve in slices with whipped cream topping. Pineapple, cherries and marshmallows may be added.

FANCY CORNSTARCH PUDDING

Mrs R. W. Combs

Have ready, ordinary cornstarch pudding, chocolate sauce, dates and nut meats. In sherbert glasses, place first a layer of pudding, then nut meats, dates. Repeat and add a dash of whipped cream on top.

BAR LE DUR PASTRIES

Mrs. Ernest Lawman

Cut pie crusts in rounds about size of a saucer. Make a filling by stirring together 1 c. sugar, $\frac{1}{2}$ c. chopped raisins, $\frac{1}{2}$ c. chopped nut meats, 1 egg (beaten). Fold the filling into pie crust and bake.

ICE BOX PUDDING

Mrs. Chas. Merchant

| | |
|---------------------------------|----------------------------|
| 2 cakes German sweet chocolate | 4 tbsp. hot water |
| 2 tbsp. sugar | 4 eggs |
| $\frac{1}{2}$ c. chopped nuts | $\frac{1}{2}$ tsp. vanilla |
| $1\frac{1}{2}$ doz lady fingers | |

Melt chocolate over hot water, add hot water and sugar. Let come to a boil. Stir in carefully, beaten yolks of eggs. Cool, then add beaten whites and $\frac{1}{2}$ c. chopped nuts and $\frac{1}{2}$ tsp. vanilla. Pour chocolate mixture over lady fingers which have been packed together in pan. Let stand in ice box or cool place for 24 hours.

DATE PUDDING

Mrs. Ernest Lawman

1 pkg. dates, cut fine and cooked with $\frac{1}{2}$ c. sugar and a little water, till tender and rather thick. 1 pkg. lemon jello, 1 pt. boiling

water, juice of 1 lemon, 2-3 c walnut meats. Let set. Serve with whipped cream.

DATE TARTE

Mrs. Wayne Hall

| | |
|------------------------|---------------------------|
| 1 c. sugar | 3 eggs, beaten separately |
| $\frac{3}{4}$ c. dates | $\frac{1}{2}$ c. nuts |
| 1 tbsp. water | 2-3 c. flour |
| 1 tsp. baking powder | |

Fold in beaten whites of eggs last. Bake in moderate oven 30 or 45 minutes. Serve with whipped cream.

PINEAPPLE DELIGHT

Mrs. Wayne Hall

| | |
|--|------------------------|
| $\frac{1}{2}$ can pineapple, cut up | 10c walnut meats |
| 10c marshmallows | 1 pt. cream |
| 1 tbsp. gelatin, dissolved in $\frac{1}{4}$ c. juice of pineapple, | $\frac{3}{4}$ c. sugar |

MARSHMALLOWS & APRICOTS

Mrs. Wayne Dutton

| | |
|----------------------------------|---------------------------|
| $\frac{1}{2}$ lb. dried apricots | $\frac{1}{3}$ c. sugar |
| 1 c. marshmallows | $\frac{1}{2}$ c. tapicoca |
| $\frac{1}{4}$ tsp salt | |

Soak apricots and cook until tender. Mash and add sugar and marshmallows, cut in quarters. When melted, fold in tapicoca, which has been cooked, and cover with cocoanut. Chill and serve.

HEAVENLY RICE

Mrs. Wayne Dutton

Boil $\frac{1}{2}$ c. rice. Cool and then add 2 bananas, diced, 1 small can grated pineapple, $\frac{1}{2}$ c. nut meats, chopped. Top with whipped cream and cherry.

PEANUT BRITTLE DESSERT

Mrs. Wayne Dutton

2-3 c. peanut brittle, ground fine in food chopper. Mix into $\frac{1}{2}$ pt. whipped cream, add marshmallows and bananas, cut fine.

BANANA FLUFF

Mrs. Wayne Dutton

| | |
|--|-------------------------|
| 1 c. bananas mashed with potato masher | |
| $\frac{1}{2}$ c. sugar | 1 tbsp. lemon juice |
| 1 tsp. vanilla | $\frac{1}{4}$ tsp. salt |
| 1 c. whipped cream | 1 c. diced marshmallows |
| $\frac{1}{2}$ c. nut meats | |

Mix bananas and sugar. Add other ingredients and chill 2 hrs.

EAGLE BRAND CARAMEL DESSERT

Mrs. Wayne Dutton

Boil 1 can of Borden Eagle Brand condensed milk in water for 3 hours. Do not open can until after boiling is completed and can thoroughly cold. Remove contents and add 1 can crushed pineapple and about 10 cents marshmallows, cut up. Chill and put in sherbets and top with whipped cream and nuts. Several cans may be boiled at a time and kept in a cool place and opened when needed.

ICE CREAM AND FROZEN DESSERTS

When made with milk, eggs and sugar, all desserts are energy-giving, primarily. Fruit sherbets and ices have the advantages of minerals and vitamins.

ICE CREAM

Mrs. Alf Tibbott

| | |
|--------------|------------|
| 3 qts. milk | 3 c. sugar |
| 2-3 c. flour | 5 eggs |

Heat milk and sugar to a boiling point, then add flour and egg yolks, well mixed. Cook thoroughly and strain. Then add 1 qt. cream well beaten with egg whites.

ICE CREAM

Mrs. Fred Keck

| | |
|-------------------|-------------------------|
| 2 c. scalded milk | 1 egg |
| 1 tbsp. flour | $\frac{1}{8}$ tsp. salt |
| 1 c. sugar | |

Cook the above and add 1 qt. cream, 2 tbsp. vanilla.

STRAWBERRY MOUSSE

Mrs. Ella Emerson

| | |
|---------------------|------------------------------|
| 1 qt. strawberries | $1\frac{1}{4}$ tbsp. gelatin |
| 1 qt. whipped cream | 2 tbsp. cold water |
| 1 c. sugar | 3 tbsp. hot water |

Sprinkle the berries with sugar and let stand 1 hr. Press through sieve, add gelatin soaked in the cold water and dissolved in the hot water. Set in pan of ice water and cool. When it begins to thicken, fold in the whipped cream. Put in a mold, cover and seal the crock with a strip of cloth dipped in melted butter and bound around the mold while still wet. Pack in 2 parts ice, 1 of salt and let stand for 3 hours. Canned berries may be used if the juice is drawn off.

MAPLE MOUSSE

Heat 1 cup of maple syrup very hot. While this is heating, beat thoroughly the yolks of 6 eggs and pour hot sugar over them, stirring all the while. Place this custard in a double boiler and let thicken. Whip 1 pt. cream and when custard is stiff, add to cream. Freeze.

SHERBET

Mrs. J. C. French

| | |
|--------------------------------|--------------------------|
| $2\frac{1}{2}$ qts. whole milk | $1\frac{1}{4}$ qt. sugar |
| 1 qt. fruit juice | |

Freeze milk and sugar first, then add the fruit juice and turn fast until frozen. Most any kind of juice may be used.

PINEAPPLE SHERBET

Mrs. Hugh McGlade

| | |
|-------------------------|-------------|
| Juice of 3 lemons | 1 qt. cream |
| $2\frac{1}{2}$ c. sugar | 1 qt. milk |
| 1 can pineapple | |

Dissolve sugar in lemon and pineapple juice. Let stand several hours. Mix ingredients and freeze.

ORANGE MILK SHERBET

Mrs. M. H. Runkle

| | |
|---------------------|------------|
| 2 c. orange juice | 2 c. sugar |
| 3 tbsp. lemon juice | 1 c. water |
| ¼ tsp. salt | 2 c. milk |

Mix sugar and water and boil two minutes. Add fruit juices and chill. Add rest of the ingredients and pour into freezer and freeze.

BANANA SHERBET

Mrs. Richard Tuel

| | |
|----------------|-----------------|
| 6 ripe bananas | 3 egg whites |
| 2½ cts. milk | 1 tbsp. vanilla |
| 3½ c. sugar | |

Chop bananas fine, add milk, flavoring, sugar. Put in freezer and when half frozen, fold in the egg whites which have been beaten. This will make one gallon of sherbet.

LEMON ICE

Mrs. Florence Klaus

1 qt. of boiling water poured over the grated rind of 2 lemons. Let stand 15 minutes. Add juice of 4 lemons and 1 pt. sugar. Strain and freeze. When nearly frozen add egg whites.

ANGEL PARFAIT

Mrs. A. R. Metcalfe

| | |
|------------|------------------|
| 3 eggs | 1 pt. cream |
| ½ c. sugar | ½ c. nut meats |
| ½ c. water | Candied cherries |
| Vanilla | |

Boil the sugar and water, add the beaten whites, flavoring and when are meringue is cold, fold in the cream, whipped. Add walnuts and cherries. Pack in ice and salt for a few hrs. Garnish with cherries

FROZEN PUDDING

Mrs. Wayne Hall

| | |
|---|-----------------|
| 1 pt. cream | 1 pt. milk |
| 4 eggs | 5 cents walnuts |
| 1 tsp. Knox's gelatin, dissolved in little cold water | |
| 5 figs | |

Make custard of milk and eggs and 1 c. sugar. Dissolve gelatin in little cold water and add to custard. While custard is still hot, add chopped nuts and figs (which have been cooked until soft and as many seeds removed as possible) and beat until cold. Then add 2 tbsp. each of lemon and orange juice and freeze. Serve with candied cherries. This may be frozen in bricks.

CANDIES

Candies may be classed only as energy-giving foods.

FUDGE

Esther Pond

| | |
|----------------------------------|--------------------|
| 3 c. sugar | 1 tbsp. karo syrup |
| 2 sq. chocolate or 4 tbsp. cocoa | 1 tbsp. butter |
| 1 c. milk | 1 tsp vanilla |

Melt the chocolate and mix with sugar, add syrup, butter and milk and cook slowly until when one drop is dropped in cold water it does not spread. Add vanilla and remove from stove. Set in a pan of cold water, do not stir until absolutely cold. Beat until creamy, then pour into buttered tins.

DIVINITY FUDGE

Blanche Holthaus

| | |
|------------------|------------------|
| 4 c. sugar | 1 tbsp. vinegar |
| 1 c. white syrup | Whites of 4 eggs |
| 1 c. water | 2 c. nut meats |
| Pinch of salt | 1 tsp vanilla |

Cook to 260 degrees by candy thermometer.

COCOANUT BAR

Mrs. Chas. Faust

| | |
|-----------------|------------------------|
| 1½ c. sugar | ½ tsp. vanilla |
| ½ c. sweet milk | ¼ c. shredded cocoanut |
| 2 tbsp butter | Almond extract |

Pour milk over the syrup, add butter and boil 20 minutes. Remove from fire, cool a little and add extract and cocoanut. Beat rapidly until creamy and pour out on buttered pan. Cut in bars when cold

PEANUT BRITTLE

Mrs. R. H. Davey

| | |
|------------|------------------|
| 2 c. sugar | 1 c. white syrup |
| 1 c water | |

Boil the above until forms a hard ball when tried in water. Add ⅓ c. butter, 1 lb. peanuts. Boil until tan in color. Remove from stove and stir in vanilla and 1 tsp. soda that has been dissolved in water.

CARMEL CANDY

Marjorie Matthews

| | |
|------------------|------------|
| 2 c. brown sugar | ½ c. cream |
| 1 tbsp. butter | Vanilla |

Mix sugar and cream and cook until it forms a soft ball in water, then add butter and vanilla.

FRUIT CANDY

| | |
|------------------|---------------|
| 2 c. brown sugar | 1 c. dates |
| 2 c. white sugar | 1 c. figs |
| ½ c. butter | 1 c. cocoanut |
| 1 c. cream | |

Boil sugar, butter and cream until it forms a soft ball in water. Then add fruit and boil 5 minutes longer. Remove from fire and add vanilla and 1 cup of nut meats and beat until creamy. Cut in squares when cool.

MAPLE CREAM CANDY

Ella Ruddlesdin

| | |
|------------------|------------------------|
| 4 c. brown sugar | Butter size of an egg |
| 1 c. sweet cream | 1 tsp. maple flavoring |
| 1 c. nut meats | |

Let sugar and cream come to a boil, add butter. Boil until it forms a soft ball in cold water. Take from stove, add nuts and flavoring and beat 5 minutes. Pour in buttered pan.

PENOCHI

Mrs. R. J. McNeill

| | |
|------------------------|--------------------------------|
| 2 c. brown sugar | $\frac{1}{3}$ c. milk or cream |
| 1 tbsp. butter | $\frac{3}{4}$ c. chopped nuts |
| 1 tsp. vanilla extract | |

Put sugar, milk and butter into sauce pan. Boil until it makes a soft ball in cold water. Take from fire, add nuts and vanilla. Beat until thick and pour into a greased tin.

DATE NUT ROLL

Mrs. Alice Meythaler

| | |
|------------------|------------------|
| 2 c. brown sugar | 2 c. white sugar |
| 1 c. cream | 1 c. butter |

Cook the above until it forms a soft ball when tried in water, then add 1 c. dates, 1 c. nuts, 1 c. figs, 1 c. cocoanut. Slice and cut in squares.

CHOCOLATE POPCORN BALLS

Betty Runkle

| | |
|------------------------------|------------------------|
| $1\frac{1}{2}$ c. sugar | $\frac{1}{3}$ c. syrup |
| $1\frac{1}{2}$ c. cold water | |

Cook until it forms a hard ball when tried in water. Add $\frac{1}{3}$ c. molasses, 3 tbsp. butter and cook until it is brittle when dropped in water. Remove from fire, add 3 squares of chocolate, shaved fine and 1 tsp. vanilla. Pour over the popcorn and with moistened hands press lightly into balls.

BUTTERSCOTCH CANDY

Mrs. R. W. Combs

| | |
|--------------------------|--------------------|
| 1 c. sugar | 1 tsp. vinegar |
| $\frac{1}{4}$ c molasses | 2 c. boiling water |
| $\frac{1}{2}$ c. butter | |

Boil the ingredients until the crack or brittle stage. Pour in buttered pans about $\frac{1}{4}$ inch thick and mark in squares while warm.

MAPLE CARAMELS

Mrs. R. W. Combs

| | |
|-------------------------------|------------------------------------|
| $\frac{1}{2}$ lb. sugar | 1 pt. milk |
| $\frac{1}{2}$ lb. can syrup | 1 pt. cream |
| 3 tbsp. butter | $\frac{1}{2}$ tsp. cream of tartar |
| $\frac{1}{2}$ lb. maple sugar | |

Stir as it cooks and dissolves. When boiling, add cream of tartar.

Cook to 243 degrees F (use regular thermometer). Pour into buttered tins. Nuts may be added.

MOLASSES CANDY

Mrs. Henry Klaus

| | |
|------------------|---------------|
| 2 c. molasses | 1 c. water |
| 2 c. brown sugar | 2 tbsp butter |
| 1/3 c. vinegar | Salt |

Boil ingredients until brittle when tried in water. Pour into hot buttered pans. Pull when cool enough to handle.

BUTTERSCOTCH CANDY

Mrs. Henry Klaus

| | |
|------------------|------------------|
| 3 c. brown sugar | 1/8 tsp. soda |
| 3/4 c. water | 1 tsp. flavoring |
| 2 tbsp. butter | Salt |

Boil all ingredients until a thread is formed when dropped from a spoon. Pour into hot buttered pans, crease and let stand until hard.

BUTTERSCOTCH CANDY

Ruth Dittmer

| | |
|-----------------|-----------------------|
| 2 c. sugar | 2 tbsp. water |
| 1 tbsp. vinegar | Butter size of an egg |

Boil without stirring until it is well hardened on the spoon. Pour into buttered plates and cut in squares.

PULLED CANDY

Ruth Dittmer

| | |
|----------------------|--------------------------|
| 2 c. white sugar | 3 tbsp. vinegar |
| 1 tsp. lemon extract | 1/4 tsp. cream of tartar |

Add a little water to moisten sugar. Boil until brittle when dropped into cold water. Put in extract. Turn out quickly on buttered plates. When cool, pull until white and cut in squares.

FONDANT

Ruth Dittmer

| | |
|-----------------------|--------------------|
| 2 c. granulated sugar | 2 tbsp. karo syrup |
| 1/2 c. hot water | |

Stir well until it starts to boil, then boil without stirring until it will spin a thread. Remove from fire. Let stand until cool and beat into a great many different shapes, sizes, colors, flavors, etc. Good until white and creamy. This can be mixed with the hands and made mixed with cocoanut, rolled nuts with a nut on top, covered with chocolate, either plain or with cherries, raisins, nut meats, pineapple, etc. added.

PEANUT CLUSTERS

Melt a small quantity of chocolate in a cup and stir into it fresh roasted peanuts. Drop by spoonfuls on oiled paper and set in a cold place to harden.

PEANUT BUTTER FUDGE

| | |
|-----------------------|-------------------|
| 2 c. granulated sugar | 2 sq. chocolate |
| 1/3 c. karo syrup | 1/2 c. sweet milk |

Boil to a soft ball stage. Remove from fire, add 1 tbsp. peanut butter. When cool, beat until creamy, pour into buttered plates and mark in squares.

GUM DROPS

Ruth Dittmer

2 envelopes Knox gelatin 4 c. sugar
1 c. cold water 1½ c. hot water

Soak gelatin in cold water ten minutes. Add boiling water and sugar and boil 15 minutes. Divide into two parts, leaving one half plain with lemon flavoring. Color other half with red and add peppermint. Let stand over night. Pull out with fingers. Cut and roll in sugar.

MOTHER'S FAVORITE

3 c. granulated sugar 1 c. sweet cream
1 c. karo syrup

Mix thoroughly and boil without stirring until it will form a soft ball when dropped into cold water. Remove from fire and let it cool. Add flavoring and beat until creamy. This can be kneaded like fondant, makes a very good foundation and by using fruit coloring, nuts, fruits and enough ingenuity can be made into a hundred kinds. It also makes a very good plain candy, poured into a plate and cut in squares.

Here are a few suggestions:

Mix some of it with walnut meats, shape into a roll and cut in slices.

Mix with peanuts and form into balls.

Mix with chopped dates and shape into cubes.

Use fruit coloring and make different shades, arrange on buttered plate and cut in slices.

Use each color separately and roll into a little pat. Put nut meats on top.

Make some into little balls and cover with chocolate.

LIGHT BROWN FUDGE

Mrs. Wayne Hall

3 c. light brown sugar 1 small can of Pet milk
1 lump of butter Vanilla and nut meats

Cook sugar and milk until it thickens. Add butter. Cook until a soft ball is formed. Beat until hard.

BEVERAGES

Such beverage as tea and coffee have no food value except the advantage of supplying more water to the body.

Beverages made from fruit juices and sugars often supply vitamins, minerals and energy.

Beverages such as cocoa made with milk contain the food value of milk and supply body building material in the shape of protein, lime and phosphorous.

GINGER ALE

Mrs. Hubert Cocking

1 c. sugar
1 egg

1 tsp. ginger

Beat these all together and add 2-3 cup vinegar, then add about 2 qts. cold water.

GRAPE JUICE

2 lbs. grapes
 $\frac{1}{2}$ c. sugar (for each qt.)

6 c. water

Remove grapes from stems, wash thoroughly, add the water and boil gently for 20 minutes. Strain through cloth, add $\frac{1}{2}$ cup sugar for each qt. of juice. Boil for 10 min. Pour into sterilized jars and seal.

RASPBERRY SHRUB

Mrs M. H. Runkle

Use any quantity of either red or black raspberries. Put in a stone jar and cover with vinegar. Let stand 5 days, drain through a bag, loosely (not squeezed) add the same amount of sugar as juice and let it boil for 5 minutes. Seal. 2 or 3 tsp. in a glass makes a splendid hot weather drink.

PINEAPPLE LEMONADE

1 pt. water, 1 c. sugar, 1 can grated pineapple, juice of 3 lemons. Make syrup by boiling sugar and water together. Add pineapple and lemon juice. Cool, strain and dilute with ice water.

BREAKFAST COCOA

3 c. milk
3 tbsp. Baker's cocoa
1 c. boiling water

3 tbsp. sugar
Salt

Dissolve cocoa, sugar and salt in boiling water and let boil 3 minutes. Pour into scalded milk. Beat with egg beater to prevent scum.

FRUIT PUNCH

1 can pineapple
4 oranges
4 lemons

Marachino cherries
6 bananas
1 cup sugar

Add enough water to make $1\frac{1}{2}$ gallons and pour over ice.

CHERRY ADE

2 c. cherry juice

2 c. sugar syrup

1 c. orange juice
Cracked ice

1 c. clear tea

Boil $1\frac{1}{2}$ c sugar with $\frac{1}{2}$ c. water until syrup threads. Mix orange and cherry juice and let stand on ice until chilled. Add cracked ice, pour over tea. Serve with large cherry in each glass.

TEA PUNCH

1 c. strong tea
3 lemons
2 oranges
Cracked ice

1 c. fresh strawberry juice
2 c. water
2 c. sugar

Squeeze juice from lemons. Cut oranges in slices. Boil sugar and water 10 minutes. Add to fruit juices and tea. Pour over cracked ice.

COFFEE FOR 40 PEOPLE

Bring 2 gallons of water to a boil. Then add 1 lb. of coffee which has been mixed with an egg and enough cold water to moisten it. Let boil for 5 minutes. Put a dash of cold water in it. Set on back of stove. Let stand 5 minutes and the grounds will practically all settle to the bottom. Strain into another kettle and let stand $\frac{1}{2}$ hour. This serves 40 people.

PICKLES & RELISHES

Pickles act mostly as an appetizer, though they do supply some roughage and the vinegar usually contains vitamin B

BEET RELISH

Mrs. Effie Carpenter

| | |
|-----------------|--------------------|
| 2 c. vinegar | 1 tbsp. cornstarch |
| Salt and pepper | 1 c. sugar |

Cook together until thick, add chopped beets, which have been chopped fine or put through a food chopper.

CORN RELISH

Mrs. Florence Morris

| | |
|-------------------|---------------------------|
| 18 ears of corn | $\frac{1}{2}$ c. salt |
| 3 green peppers | $1\frac{3}{4}$ c. sugar |
| 4 large onions | 2 qts. vinegar |
| 1 head of cabbage | $\frac{1}{2}$ lb. mustard |

Cook peppers, onions, salt, cabbage, sugar, vinegar and mustard together for a few minutes and then add corn and cook until done.

CUCUMBER RELISH

Mrs. Eggiman

| | |
|--------------------------|------------------------|
| 1 qt. sugar | 12 large onions |
| 2 qt. vinegar | 1 pk. green tomatoes |
| 12 large green cucumbers | 1 tbsp. ground mustard |
| Black pepper | |

Put cucumbers, onions and tomatoes through food chopper and soak over night in a mixture of $\frac{1}{2}$ water and $\frac{1}{2}$ vinegar, with a little salt added. Drain. In the morning, add sugar, vinegar and other ingredients. Then cook.

TOMATO RELISH

Mrs. C. A. Swindell

| | |
|---------------------|-----------------------|
| 1 pk. ripe tomatoes | $\frac{1}{3}$ c. salt |
|---------------------|-----------------------|

Let stand 6 hours and drain.

| | |
|--------------------------|---------------|
| 2 c. chopped celery | 1 large onion |
| 2 green peppers, chopped | 2 c. sugar |
| 2 oz. mustard seed | 1 qt. vinegar |

HODGE PODGE

Mary E. McGlade

| | |
|-------------------------|-------------------------|
| 1 gal. sliced cucumbers | 1 gal. shredded cabbage |
| 4 green peppers | 4 large onions |

Put in a stone jar with 2 tbsp. salt and let stand 1 hr. Then drain well. Make a dressing of 3 pts. vinegar, 2 cups white sugar, 1 oz. celery seed, 1 tbsp. ground mustard, 1 tbsp. flour, 1 tbsp. tumeric powder. Boil all together 10 minutes and seal in jars.

CHILI SAUCE

Mrs. Fred Stock

| | |
|-------------|--------------|
| 25 tomatoes | 2 tbsp. salt |
|-------------|--------------|

3 c. vinegar
8 onions
Cook 3 or 4 hours.

2 tbsp. mixed spices, tied in cloth
1 c. sugar

CHOW-CHOW

Mrs. Ed Arnold

1 pk. green tomatoes
5 onions
5 carrots

2 medium sized cabbages
5 green peppers
2 heads celery

Chop the above fine, add 1 teacup salt and let stand over night. Drain off, then add ½ pt. of fine chopped horseradish, a bowl of brown sugar, 3 tsp. cinnamon, 1 tsp. cloves. Scald as much vinegar as juice drained off and pour over.

CHILI SAUCE

Mrs. Paul Munson

12 large ripe tomatoes
2 onions
4 green peppers
4 tbsp. sugar

2 c. vinegar
1 tbsp. salt
1 tsp. cinnamon
1 tsp. cloves

Chop all fine. Mix together and simmer for 3 hours.

TOMATO CATSUP

Mrs. Al. Burbridge

Wash and slice tomatoes and put through a sieve. To every gallon of juice, 1 tbsp. whole cloves, 1 tbsp. allspice, 1 tbsp. mustard, 2 sticks cinnamon. (Tie the spices in a cloth). 1 tsp. black pepper. 4 tbsp. salt. 2 c. sugar, 1 qt. of vinegar. Boil slowly for 3 hours. Bottle and seal with parowax.

GRAPE CATSUP

Mrs M. H. Runkle

7 lbs. grapes
2½ lbs. sugar
1½ pt vinegar
1 tbsp. salt

1 tbsp. cloves
1 tbsp. allspice
1 tbsp. cayenne
1 tbsp. cinnamon

Boil grapes, press through sieve. Boil pulp with ingredients until thick.

CORN SALAD

Fannie Supple

1 qt. corn
1 qt. cucumbers
1 qt. onions
¼ oz. mustard
1 qt. red tomatoes

1½ qt. vinegar
½ oz. tumeric
3 lbs. sugar
3 green peppers
½ c. salt

Put all except corn through grinder. Boil until it thickens. Can in qt. jars.

DILL PICKLES

Mrs. Alf ibbott

3 qts. water
1 qt. vinegar

½ c. salt
Dill to suit taste

Scald all together and pour over cucumbers while hot.

CUCUMBER SALAD

Lillie Dawson

- | | |
|-------------------------------------|---------------------------------|
| 18 large cucumbers | $\frac{1}{2}$ c. salt |
| Let stand over night. Drain and add | |
| 6 large onions | 1 qt. vinegar |
| 1 c. sugar | 1 tsp. cinnamon |
| 1 tsp. tumeric | 2 tsp. mustard |
| $\frac{1}{2}$ tsp ginger | $\frac{1}{2}$ tsp. black pepper |
- Cook until onions and cucumbers are tender, then seal.

TUMERIC PICKLES

Mabel J. Tyrrell

- | | |
|------------------------|-----------------------|
| 4 qt. sliced cucumbers | $\frac{1}{2}$ c. salt |
| 6 onions | |

Soak separately over night. In the morning, drain and heat 1 qt. of vinegar, add two cups of sugar. While boiling, add 3 tbsps. flour, $\frac{1}{2}$ tsp. tumeric. Stir with vinegar. Add 1 tsp. celery seed, 1 tsp. mustard, 1 tsp. pepper. When boiling drop the cucumbers and onions into the mixture.

MUSTARD PICKLES

Mrs. M. Brotemarkle

- | | |
|--------------------|----------------------|
| 2 qts. cucumbers | 1 qt. green tomatoes |
| 1 qt. small onions | 1 large cauliflower |
| 4 green peppers | |

Make a brine of 4 qts. of water, 1 pt. salt. Pour over the mixture and let soak 24 hours. Heat enough to scald it and turn into a colander to drain. Mix 1 c. flour, 6 tbsps. ground mustard, 1 c. sugar, 1 tbsp tumeric powder with enough vinegar to make a smooth paste. Then add enough vinegar to make 2 qts in all. Boil this mixture until it thickens, then add the vegetables and cook until well heated through.

PIMENTO PICKLES

Mrs. H. J. Coon

- | | |
|------------------------------|----------|
| 1 doz. medium size cucumbers | 6 onions |
| 1 can pimento | |

Soak cucumbers and onions in salt water for 2 hours. Then make syrup of 2 c. sugar, 1 pt. vinegar, 1 tbsp. mustard seed, 1 tbsp. celery seed. Let come to a boil until cucumbers are brown. Can while hot.

SWEET PICKLES

Mrs. Harvey Burbridge

- | | |
|--|----------------|
| 1 doz. cucumbers, sliced in salt and let stand over night. | |
| $\frac{1}{2}$ doz onions sliced, soaked in salt water. | |
| 1 tsp. celery seed | 1 tsp. tumeric |
| 1 tsp. mustard seed | 1 pt. vinegar |
| 1 tsp. dry mustard | 1 c. sugar |
| 1 tsp cinnamon | |

Let spices, vinegar and sugar come to a boil, drain cucumbers and onions, add to vinegar and let come to a boil.

OLIVE OIL PICKLES

Mrs. Truman Smith

- | | |
|--------------------------|----------------------|
| 4 qts. cucumbers, sliced | 1 qt. onions, sliced |
|--------------------------|----------------------|

Let stand in weak brine over night. Drain, rinse in cold water and add 1 oz. white mustard seed, 1 oz. celery seed, 1 c. olive oil. Mix well, put in jars and add vinegar enough to cover.

MIXED PICKLES

Mrs F. R. Lux

2 qts. green tomatoes 2 qts. cucumbers
 3 large onions

Sprinkle 1 cup of salt over this and let stand over night. In the morning, drain and cook until done in syrup

1½ lb. brown sugar 1 tsp celery seed
 1 tsp. cinnamon 1 tsp. tumeric powder
 1 tsp. ginger 1 oz. mustard seed
 ½ c. flour dissolved in cold vinegar
 1½ pts. vinegar

CHERRY PICKLES

Mrs. T. A. Parkin

½ c. salt 1 qt. vinegar
 1 tbsp. sugar

Pack cherries in jars, with stems on, pour hot vinegar over and seal.

SWEET PICKLES SLICED

Mrs. Eugene State

12 cucumbers 1 tsp. mustard seed
 1 tsp. celery salt 1½ c. sugar
 6 small onions 1 tsp. black pepper
 1 c. vinegar

Slice onions and cucumbers and let stand in salt water for 1 hr. Add the rest of the ingredients and cook 15 min. Place in jars. Seal.

CHERRY LEAF CUCUMBER PICKLES

Carrie Tyrrell

5 gal cucumbers 1½ gal. cherry leaves

Make a brine of 1 gal of water and ½ c. salt. Let stand in brine 14 days. Stir well every day. At the end of 14 days take out and wash in cold water. Cover with water, 1½ c. vinegar, 1 c. sugar. Let stand over night then boil 6 c sugar, 4 c. vinegar, 1 tsp cinnamon, 1 tsp. cloves and boil 20 min. Pour over pickles.

CUCUMBER PICKLES

Mrs. Mamie Fry

1 gal vinegar 1 c. salt
 1 tsp. saccharine

Wash cucumbers and pour the above mixture over them. Do not heat the vinegar.

CHUNK PICKLES

Mrs. Harry Glanz

Cut cucumbers in chunks. Put in brine that will hold up an egg. Let stand three days in same brine. Then soak in same brine. Soak in fresh water three days, changing water every day. Put on stove in weak vinegar and water with alum the size of a walnut. Simmer on back of stove two hours. Drain. Put in open jars. Take 3¼ c. sugar, 3 c. vinegar, 1 oz. whole cloves, 1 oz. stick cinnamon. Let it boil up. Cool and pour over cucumbers.

MUSTARD PICKLES

Mrs John Klaus

- | | |
|----------------|--------------|
| 1 gal. vinegar | 1 c. salt |
| 1½ c. sugar | 1 c. mustard |

Mix sugar and mustard together to avoid lumps. Add all ingredients to vinegar and as many cucumbers as the vinegar will cover. Place in an open stone jar and cover with a plate.

GARDEN PICKLES

Mrs. Joe Cass

- | | |
|----------------------------|-------------------------|
| 1 c. sliced cucumbers | 1 c. green string beans |
| 1 c. chopped peppers | 1 c. kidney beans |
| 1 c. small onions | 1 c. wax beans |
| 1 c. green tomatoes | 1 c. celery |
| 1 c. cauliflower | 1 c. lima beans, cooked |
| 1 c. sliced boiled carrots | 2 c. sugar |
| 2 qts. vinegar | 2 tbsp mustard seed |
| 1 tsp. celery seed | |

Peel and slice cucumbers, cut peppers in thin strips, taking out seeds, slice onions and tomatoes and mix together. Soak over night in water with salt. Cook the vegetables, drain the ones that have soaked over night, add vinegar, sugar, celery and mustard seed. Cook. Put in jars and seal.

PICKLES WITH CELERY SEED

Mrs. W. J. Appleby

- | | |
|---------------|---------------------|
| 1 qt. vinegar | 1 c. sugar |
| ½ c salt | 1 tbsp. celery seed |

Heat and pour over cucumbers which have been soaked over night in cold water. Add onions and horseradish.

WATERMELON PICKLES

Mrs. Wm. Cooper

Cut the rind in pieces, let stand over night in salt water, drain well. Put in clean boiling water and boil for 10 minutes. Drain again then take 2 c. sugar, 1 c. vinegar, and spices to suit taste. Boil this for three mornings, each taking it from the fire and let stand till the next morning and the third time, boil until they are clear.

SWEET PICKLES

Mrs. W. J. Kurth

Put pickles in jar and cover with salt. Add enough boiling water to cover them. Take this off and reheat to the boiling point for 2 or 3 days. Then wipe them dry. Take cucumbers and scald them in 2 c. of water. As soon as they change color, pack them in jars and pour mixture over them: 2 c. vinegar, 1 c. water, 2-3 c. sugar, spices to suit taste.

INDIA RELISH

Mrs. Florence Morris

- | | |
|----------------------------|-----------|
| 16 green tomatoes, chopped | ½ c. salt |
|----------------------------|-----------|

Let stand over night, drain and add 4 c. cabbage, 2 c. onions, 4 c. sugar, ½ c. mustard seed, ¼ c. celery seed, 4 c vinegar

GREEN TOMATO RELISH

1 pk. green tomatoes 6 onions
 Pour boiling water over and let stand until cool. Add 2 tbsp. mustard seed and enough vinegar to wet and can cold. Add sugar when you open.

PEPPER HASH

Mrs. Frank Rice

12 red peppers 3 c. sugar
 12 green peppers 6 tsp. salt
 4 c. chopped onions 3 tsp. mustard seed
 3½ c. vinegar

Chop peppers and onions fine. Cover with boiling water. Let stand 10 min. Add sugar, salt, mustard seed, vinegar and boil until tender.

TOMATO RELISH

Mrs. Hugh McGlade

1 pk. ripe tomatoes 2 oz. mustard seed
 6 large onions 1 scant cup salt
 4 stalks celery 1 tsp. cloves
 4 green peppers 1 c. sugar
 1 tbsp. black pepper 1 tsp. ground cinnamon
 3 pts. vinegar

Chop tomatoes, peppers and onions. Drain and mix everything together.

PICKLED BEETS

Wash beets, put in a kettle, pour water over them and some salt, boil until tender and peel. Take 1 qt. vinegar, 1 qt. sugar, ½ pt. water. Spices in a bag. Put beets in this when boiling and cook a bit, then bottle hot.

RIPE CUCUMBER RELISH

Mrs. Jas. W. Rizer

Peel and remove seed from 6 large ripe cucumbers, slice thin, 6 large onions, cut in circles. Let stand in salt water over night. Drain off water in the morning and add 2 large bunches of celery, 2 c. white sugar 2 oz. white mustard seed. 1 doz. chili peppers, 1 tsp. tumeric powder, 1 qt. vinegar. Cook 2 hrs and seal.

APPLE RELISH

7 lbs apples, chopped fine 1 pt. vinegar
 2 lbs. raisins 1 tsp. cloves
 2 lbs. sugar 2 tsp. cinnamon
 Boil 1½ hrs., stirring often for it burns easily. Seal.

PEPPER RELISH

Mrs R. D. Fierstine

6 red peppers 1 c. sugar
 6 green peppers 2 tbsp. salt
 6 onions 1½ c. vinegar

Remove seeds from peppers put vegetables through food chopper. Put in pan, cover with boiling water. Let stand 5 minutes. Drain and add sugar, salt, vinegar. Boil 20 min. Put in jars and seal.

GOOSEBERRY RELISH

Mrs. Joe Cass

- | | |
|---------------------|---------------|
| 3 pts. gooseberries | 1 pt. water |
| 4 pts. sugar | ½ lb. raisins |
- Juice and chopped rind of 3 oranges. Cook until thick.

CORN RELISH

- | | |
|----------------------|-----------------------|
| 18 ears corn | 10 onions |
| 1 large head cabbage | 4 bunches celery |
| 3 red peppers | 4 tbsp. salt |
| 3 green peppers | 5 tsp. ground mustard |
| 2 c. sugar | 1½ qts. vinegar |
- Boil all together 30 min. Seal in pt. jars.

OLIVE OIL PICKLES

Mrs. Henry Prowse

- 50 small cucumbers, cut round, very thin
 To 1 qt. vinegar, add 1 c. Olive oil, very slowly
- | | |
|--------------------------|------------------------|
| ½ c. sugar | 1 c. salt |
| ¼ c. yellow mustard seed | ¼ c black mustard seed |
- 2 tbsp. celery seed
 Stir all together and pour over cucumbers.

CANNING, COLD PACKING AND PRESERVING

Conserves and jellies are primarily energy-giving. But the juices of some fruits supply minerals and vitamins.

APRICOT CONSERVE

Mrs. Frank Faust

| | |
|----------------------|--------------|
| 1 lb. dried Apricots | 1 orange |
| 3 c. sugar | 1 lemon |
| 3 c. water | 1 c. raisins |

Slice and remove seeds from the orange and lemon. Mix the apricots, orange and lemon and let stand over night. In the morning cook slowly for 2 hrs. Add all the rest of the ingredients, cook 25 minutes, pour into hot sterilized jars, when cool, seal.

COLD PACKED STRAWBERRIES

Mrs. W. P. Adams

Remove the hulls from strawberries and wash them. Put them in a fruit jar until jar is filled, but do not pack them in. Make a syrup of 1 c. of sugar, $\frac{1}{2}$ c. of water. Pour this over the berries. It may be either hot or cold. Place jars in water and boil for 16 minutes. Any other fruit may be packed this same way.

PEAR CHIPS

Mrs. T. G. Parkin

| | |
|-----------------|-----------------|
| 8 lbs. of fruit | 8 lbs. of sugar |
|-----------------|-----------------|

Use the hard pears. Peel, core and slice them. Moisten the sugar with 2 c. of water and place on the stove. When hot, add 4 lemons, sliced thin, then add the pears and cook about an hr. Put into glasses and seal.

GRAPEFRUIT MARMALADE

Mrs. D. C. Mackintosh

| | |
|--------------|----------|
| 1 grapefruit | 1 orange |
| 1 lemon | |

Choose fruit with thin skins. Wash, quarter and slice. To this add $3\frac{1}{2}$ qts. cold water and let stand over night. Next morning cook slowly until tender and let stand until the next morning, when you add 5 lbs of sugar and cook rapidly, a small quantity at a time, until it jells.

PEAR AND APPLE CONSERVE

Mrs. Joe Cass

Mix together 2 c. sliced apples, 2 c. sliced pears, juice and rind of 1 lemon, 1 c. seedless raisins and $3\frac{1}{2}$ c. sugar. Cook until thick.

PEACH AND APPLE CONSERVE

Mrs. Joe Cass

Use red skinned apples and do not peel. Peel peaches and slice thin. Slice apples also. Use equal parts of the two fruits and to 4 cups of fruit, use $2\frac{1}{2}$ cups of sugar. Cook slowly until sugar is dissolved. Then bring to a vigorous boil and cook until thick.

PUMPKIN PRESERVES

Mrs. Hugh McGlade

Cut pumpkin into pieces and take 10 pounds of pumpkin and 10 pounds of sugar. Put sugar over pumpkin and let stand over night. Put on stove in the morning and cut up a lemon, add lemon to suit taste. Cook until thick or until pumpkin is clear. You may use cloves, cinnamon or any flavoring desired.

RHUBARB CONSERVE

Mrs. Joe Cass

4 lbs. rhubarb, cut in inch pieces ½ lb. seedless raisins
5 lbs. sugar 1 can sliced pineapple

Cook until thick. One half this recipe will make a good sized batch.

SUNCOOKED STRAWBERRIES

Mrs. D. C. Mackintosh

4 lbs berries 4 lbs sugar
½ pt water

Cook five minutes, then place on platter in the sun all day, turning the berries occasionally. May be put into jelly glasses and covered with paraffin.

CANNED STEAK

Mrs. Tjos Grapes

Slice and pound steak. Roll in flour and season with salt and pepper. Fry in hot pans in butter and tallow. When almost tender, place in jars. Rinse the pans with water and pour this liquid over the meat in the jars. Place jars in oven with covers on loosely. Cook 1 hr. Remove from oven. Place rubbers on jars and seal airtight.

COLD PACKED PEAS

Mrs. John J. Schacherer

Pick, wash and then shell peas. Put 1 tsp of salt in bottom of qt. jar, fill half full of peas and then add ½ tsp. salt, fill jar with peas and then add ½ teaspoon more of salt. Fill with water until it overflows. Put on a new rubber and cover and screw tight and then loosen one half inch. Put in boiler, cover jars over top with water 1 inch and boil 3 hours, after it starts to boil. Lift from boiler and seal tight

VEGETABLE SOUP (COLD PACK)

This combination can be changed to suit various tastes.

½ bu. ripe tomatoes 3 stalks celery
½ pk. stringless green beans 4 heads cabbage
12 ears sweet corn (2 qts. canned corn
12 medium sized carrots 6 sweet mango peppers
6 large onions 6 red cayenne peppers
6 turnips

Scald tomatoes, cold dip, quarter and place in 10 gallon jar to be used for mixing. Celery, cabbage, carrots, turnips and onions are blanched from 4 to 5 minutes, dipped into cold water, then cut or chop into small pieces and place with the tomatoes in the jar. Green beans are broken into small pieces, blanched for 5 minutes, cold dipped and added. Corn is blanched from 8 to 10 minutes, cold dipped,

then cut from cob and added to other ingredients. Mango peppers are placed in a hot oven until skins slip. After removing skins and seeds, chop fine and add to other vegetables. After seeds are removed from red peppers, they are chopped fine and put in the jar. A rounded cup of salt is added and the vegetables thoroughly mixed.

The mixture is packed solid into quart or pint jars. No water or liquid other than the liquid from the vegetables being used. Covers are screwed down until they catch, then turned back one fourth inch, then place in a boiler which has been fixed for cold packing or commercial canner. Fill boiler with water up to the necks of the jars. Put cover on, place on fire and cook 2 hours after hard boiling point is reached. When process is completed, remove from boiler, tighten lids and leave to cool. This receipt will make 20 quarts of pure vegetable soup. When opened, 6 potatoes cut into squares are added and all put in a kettle of beef or chicken broth. One pint jar makes a medium kettle of very rich and appetizing soup.

TOMATO MINCE MEAT

Mrs. J. I. Jones

1 pk. green tomatoes. Chop, squeeze and drain juice. Cover with hot water and 2 tbsp salt. Boil a few minutes. Drain off. Repeat three times and add $\frac{1}{2}$ pk, apples, chopped fine, 3 lbs. sugar, 1 c. vinegar, 1 c. chopped suet, 2 tbsp cinnamon, 1 tbsp. cloves, 1 tbsp. nutmeg, 1 lb. raisins, 1 lb. currants. Cook until apples are soft, then can while hot.

ORANGE AND PIEPLANT CONSERVE

Mrs. Glenn Miller

| | |
|----------------|---------------------------|
| 1 qt. pieplant | 4 oranges, pulp and juice |
| 6 c. sugar | 1 c. nut meats, chopped |

Cook 20 min. Then add rind of $\frac{1}{2}$ orange and cook 10 min.

MISCELLANEOUS RECEIPTS

SAILORS DUFF

1 egg, beaten
 ½ c. molasses
 1 tsp. soda in ½ c boiling water
 1½ c. sifted flour
 2 tbsp. sugar
 2 tbsp. melted butter
 1 tsp. baking powder
 Pinch of salt

Steam 1 hr. Do not have water quite to boiling point in steamer, at first.

Sauce: Yolks of 2 eggs, beaten, 1 c. powdered sugar, 1 pt. whipped cream, vanilla.

ORANGE CAKE

1½ c sugar
 ½ c. water
 Cook until it threads, then add to 6 egg whites, beaten with ½ tsp. cream of tartar and pinch of salt. Let cool. Beat 6 egg yolks and add grated rind of 1 orange. Then combine and add 1 c. Swans Down cake flour. Bake 1 hr. in a slow oven.

CHOCOLATE ROLL

½ c. powdered sugar
 5 eggs
 2 tbsp. cocoa
 1 tsp. vanilla

Beat egg yolks, add sifted sugar and cocoa, add stiffly beaten egg whites and vanilla. Bake in pan 9x14 about 15 min. in a slow oven. Cover pan with greased paper, turn out on sheet of powdered sugar. When cool, cover with sweetened whipped cream and roll.

PRUNE WHIP

¾ lb. prunes, cooked and put through sieve
 Whites of 4 eggs beaten stiff
 1 tsp. vanilla
 ½ c. sugar

Beat up good. Put in baking dish. Set in pan of water and bake 40 to 50 minutes.

A LA SUISSE ON TOAST

Place a flat pan over hot water. Into it melt 1 tsp. butter, add ½ c. cream (or rich whole milk). Break 4 eggs, one at a time, on a hot saucer and slip carefully into the cream. Sprinkle with salt and paprika. When partially set, sprinkle with 2 tsp. of grated cheese. Cover and let stand until set. Serve each egg on a round of toast and pour surplus cream around them.

BAKED EGGS

Butter inside of earthen ramikins or custard cups. Into each one, slip an egg. Season with salt and pepper and set in warm oven until whites are firm.

EGGS IN NEST

Separate carefully the yolks and whites of the desired number. Beat whites stiff but not dry, adding salt for seasoning. Place the beaten whites in greased shallow cups and in the center of each, place the yolk of an egg. Set in a pan of water and bake slowly until firm, but tender. Serve at once.

The beaten whites also may be arranged on slightly browned dry

toast with a yolk in the center and browned slightly in the oven. Use of dry toast is recommended, for the eggs slip off the buttered slices.

GINGER BREAD

Mrs. R. W. Combs

| | |
|--------------------------------|----------------------------------|
| 2 eggs | 2 tsp. soda |
| $\frac{1}{4}$ c. brown sugar | 2 tsp. ginger |
| $\frac{3}{4}$ c. dark molasses | $1\frac{1}{2}$ tsp. cinnamon |
| 2-3 c. corn oil | $\frac{1}{2}$ tsp. cloves |
| 1 c. boiling water | $\frac{1}{2}$ tsp. nutmeg |
| $2\frac{1}{2}$ c. flour | $\frac{1}{2}$ tsp. baking powder |

Add beaten eggs to sugar, molasses and oil, add dry ingredients, mixed and sifted, then hot water. Bake in a shallow pan or muffin tins. Good dessert when served with whipped cream.

MILK BAKED HAM

Mrs. Walter Rossman

1 slice of smoked ham, 1 inch thick. Put in roaster and put on enough milk to cover the top of the ham. Sprinkle with brown sugar, cover and bake $1\frac{1}{2}$ hours. Uncover the last 30 min. to brown on top.

HAM LOAF

Mrs. Wayne Hall

| | |
|-----------------------------|---------------------|
| 2 lbs. pork steak | 1 lb. smoked ham |
| 1 c. cracker crumbs | 1 beaten egg |
| 1 c. milk | Pinch of red pepper |
| 1 can tomato soup (10 cent) | |

Mix together and put in loaf pan and pour tomato soup over top. Bake at least 2 hours.

CHILI SOUP

Mrs. Wayne Hall

| | |
|------------------------|--------------------------------|
| 1 ct. tomatoes (1 can) | 1 ct. red kidney beans (1 can) |
| 3 onions | 25 cents hamburger |
| 1 tsp. salt | $\frac{1}{2}$ c. sugar |
| 1 tsp. chili powder | |

Cook tomatoes, beans and onions together. Fry hamburger cut in small pieces in butter, add to tomatoes, etc. season.

CHEESE SALAD

Mrs. Walter Rossman

| | |
|---------------------------------------|---------------------------------|
| $\frac{1}{2}$ c. crushed pineapple | $\frac{1}{2}$ c. grated cheese |
| $\frac{1}{2}$ c. diced stuffed olives | $\frac{1}{2}$ c. cream, whipped |
| $\frac{1}{2}$ c. water | 1 tbsp. gelatine |

Mix gelatine and water with pineapple and heat, then cool and add other ingredients. Serve with mayonnaise.

CALIFORNIA SALAD

Mrs. Walter Rossman

| | |
|--------------------|----------------------|
| 1 pkg. grape jello | 1 pt. black cherries |
| Stuffed olives | Celery |

Black walnuts
Serve on lettuce.

NUT BREAD

Mrs. J. I. Jones

| | |
|---------------|----------------------|
| 1 egg, beaten | ½ c. sugar |
| 1 c. milk | 3 c. flour |
| ½ tsp. salt | 4 tsp. baking powder |
| 1 c. nuts | |

Let stand 20 min. before baking and bake 1 hour.

WHITE SALAD DRESSING

Mrs. Wayne Dutton

Boil a scant ½ c. sugar into ½ c. vinegar. Stir rounding tbsp. flour in part of a cup of milk. Stir 2 eggs or yolks of four into batter, then put in remainder of cup of milk. Pour very slowly, the boiling vinegar into the flour and egg batter and boil.

Note: This will not curdle if the vinegar is poured into the batter. This is very good for fruit salad.

MAYONNAISE DRESSING (Poiled)

Mrs. Wayne Dutton

| | |
|---------------|------------|
| ½ c. vinegar | ½ c. water |
| 1 tbsp. sugar | |

Bring the above to a boil. Beat yolks of 4 eggs and add 1 tsp. prepared mustard. Mix 1 tsp. cornstarch with a little vinegar and mix with egg and add to hot vinegar. Cook until smooth and remove from fire and add a lump of butter and beat.

HORSERADISH CREAM DRESSING

Mrs. Wayne Dutton

Beat ½ c. cream until it begins to thicken then add 3 tbsp. vinegar, gradually continue beating until stiff. Season with ¼ tsp. salt, little pepper, 2 tbsp. grated horseradish. This is very good with ham.

LEMON CREAM

Mrs. Wayne Hall

| | |
|--------------------|-------------------|
| Juice of 3 lemons | 3 eggs, separated |
| 2 tbsp. cornstarch | ½ c. cold water |
| 2 c. boiling water | |

Beat whites of eggs separately and when rest is cooked, stir them in fast and serve very cold.

NUT MAPLE MOULD

Mrs. Wayne Hall

To 1½ c. brown sugar, add 2 c. water. Thicken with ⅓ c. cornstarch. Cook until clear, pour into beaten whites of 3 eggs, add pinch of salt and ½ c nut meats.

MEAT LOAF

Mrs. Jessie Matthews

| | |
|---------------------------------|--------------|
| 3 lbs. meat | Pepper |
| 4 crackers | Onion |
| 5 eggs (if cooked meat is used) | 3 tbsp. milk |
| Salt | Butter |

Grind meat, crackers and onions, add salt, pepper, eggs and butter. Mix well. Pack firmly in pan and put milk on top. Bake 2 hrs. Baste with milk frequently.

MEAT LOAF

Mrs. J. M. Clendennen

- | | |
|-------------|-----------------------|
| 2 lbs. beef | 1½ c. bread crumbs |
| 1 lb. pork | 1 onion |
| 1 egg | Salt, pepper and sage |

Moisten with milk and pour over it ¼ cup of milk before putting it in oven. Bake 2 hrs.

MEAT LOAF

Mrs. R. J. McNeill

- | | |
|---------------------|-------------------------|
| 2 lbs. ground steak | 2 eggs |
| Small piece of pork | ¾ c. rick milk or cream |
| Salt and pepper | 1½ c. cracker crumbs |
| 1 small onion | |

Mold in loaves and roll in crumbs and lay in roaster. Pour boiling water, with butter size of an egg, around it, so as to come nearly to the top of meat. Keep it basted and bake 1 hr. with cover on and then brown.

MEAT LOAF

Mrs. Hugh McGlade

- | | |
|------------------------|------------------|
| 5 lbs. hamburg steak | 1½ c. water |
| 1½ large pinmenton | 4 c. soaked rice |
| 1½ medium sized onions | |

Season well with salt and pepper and bake.

VEAL LOAF

Mrs. F. E. Brutsman

- | | |
|-------------|-----------------|
| 3 lbs. veal | 1 lb. lean pork |
|-------------|-----------------|

Leave about 1 cup of liquid in vessel where meat was cooked, add butter the size of an egg. When it boils up, add 2 well beaten eggs. Let cook 2 min. stirring constantly. Add 1 envelope of plain Knox gelatin, which has been soaked in ½ c. cold water.

HAM LOAF

Mrs. Louis Kuehnle

- | | |
|-------------------------|-----------------|
| 3 lbs. ground pork | 2 eggs |
| 1 lb. ground smoked ham | Pepper and salt |
| 1 pt. cracker crumbs | |

Mix ingredients and bake. Use horseradish for sauce.

STEAK STEW

Mrs. C. A. Stone

- | | |
|--------------------|----------------------|
| ½ lb. salt pork | 1 can tomatoes |
| 1½ lbs. beef steak | 1 medium sized onion |
| 1 can kidney beans | Paprika |

Cut pork in small cubes and fry until crisp, then add steak that has been diced. Fry until partly cooked. Add beans, tomatoes, onion, paprika and stew slowly for about 2 hrs.

CORN AND HAMBURGER LOAF

Mrs. Carrie Tyrrell

- | | |
|--------------------|-----------------|
| 1 can of corn | 1 egg |
| 1 lb. of hamburger | Salt and pepper |
| Butter | |

Mix together, adding a little milk if the corn is dry. Bake 2 hrs. in a slow oven.

SWISS STEAK

Mrs. R. J. McNeill

2 lbs. round steak (1½ in. thick) ½ c. fat
 1¼ c. flour 1 c. hot water
 1 tbsp. salt 1 qt. tomatoes
 2 tbsp. chopped onion

Pound flour into steak with edge of a saucer. Place fat in heavy iron skillet and brown meat well in the hot fat. Add water, cover and simmer 1 hr. Add seasoning and tomatoes and continue cooking ½ hr. longer.

BAKED HAM AND POTATOES

Lydia E. Spink

Slice raw potatoes. Put a thick layer in a baking dish. Cut 1 large slice ham about ¾ inch thick. Lay on potatoes and cover with another layer of potatoes. Sprinkle with pepper and a few lumps of butter and cover with milk. Cover dish at first while baking but later take the cover off and brown. Let bake until tender.

BEEF LOAF

Mrs. Truman Smith

2 lbs. beef 1 tbsp. lemon juice
 ¼ lb. fat salt pork ½ c. cracker crumbs
 2 tsp. salt ¼ c. milk
 ½ tsp. pepper 2 eggs
 1 tbsp. chopped parsley 1 onion

Select lean beef, remove skin and membrane. Chop fine with salt pork. Add crumbs, seasoning. Brown minced onion in a little fat before adding. Beat eggs slightly, add milk and mix well. Shape in loaf and bake.

BREADED VEAL CUTLETS

Emma M. Thurm

Dredge veal with flour, dip in egg then in bread or cracker crumbs. Brown in hot fat, cover with milk and cook in very slow oven until tender.

VEAL BIRDS

Catherine Burlage

Cut very thin slices from the round. Remove the bone, skin and fat. Then pound into pieces. Chop the trimmings and a slice of salt pork. Add a few bread or cracker crumbs, one egg, season highly with salt, pepper, parsley, lemon juice and onion. Moisten with water, then spread some of the mixture on each slice of the veal, nearly to the edge. Roll up tightly and fasten with strings. Dredge with flour, salt and pepper. Fry in butter or drippings until brown. Then cover with a stock or milk and simmer gently until partly done and then add a cupful of cream and boil.

BAKED LIVER

Mrs. Ada Graybill

2 lbs. of liver (not sliced). Soak in salt water for 2 hrs. Slit the top and put in roaster. Put over it 1 sliced onion, 1 pt. tomatoes, salt, pepper, a few slices of salt pork or bacon and some water. Cover

and bake 1½ hrs. Then take out the liver, place on a platter and slice it. Add more water to the gravy and a little thickening. Strain and pour over the sliced liver.

CREOLE CHICKEN

Mrs. E. A. Dunlap

| | |
|------------------------|-------------------------|
| 1 chicken chopped fine | Yolks of 2 eggs |
| ½ c. macaroni | 2 pimentos |
| 1½ c. cream | 1 green pepper cut fine |
| 2 tbsp. butter | 1 tbsp. parsley |
| 2 tbsp. flour | 1 tsp. salt. |

ONE MEAL DISH

Mrs. Merle Kuehnle

| | |
|-----------------|-------------|
| 1 lb. hamburger | 1 onion |
| 1 can tomatoes | 1 can corn |
| 1 box spaghetti | 2 tsp. salt |
| Pepper | |

Cook spaghetti till tender, drain. Fry hamburger and onion till brown. Put all in a dish, mix. Bake 1 hr. Cold boiled potatoes may be used instead of corn.

PRESSED CHICKEN

Mrs. Ada Graybill

Cook until tender, 1 chicken. Remove meat from bones and shred finely. The broth in which the chicken is cooked should be simmered to 1 qt. Dissolve 1 envelope of gelatin in cold water and pour this over the qt. of boiling broth. Add juice of 1 lemon, 1 tsp. vinegar. Season with salt and paprika. Pour over the shredded chicken to which has been added ½ c. each, finely chopped celery and stuffed olives. Mold.

CHICKEN PIE

Cecelia E. Thillen

| | |
|-----------------------|---------------------|
| 1 c. flour | ¼ tsp. black pepper |
| ½ c. milk | 2 c. milk or stock |
| 2 level tsp. lard | Cooked chicken |
| 1½ tsp. baking powder | 1 tbsp. butter |
| ½ tsp. salt | |

Melt the butter in the same pan in which the pie is made, combine with the flour and add the milk or chicken stock, season. When cooked creamy, add the chicken. Mix the biscuit dough, roll out ½ in. thick. Cut with a small cutter and cover the top of the chicken. Bake 25 minutes in a moderate oven.

CORNEB BEEF

Mrs. Hugh McGlade

| | |
|--------------------------|------------------|
| 100 lbs. meat | 8 lbs. salt |
| 5 lbs. sugar or molasses | 2 tbsp. pepper |
| 2 oz. soda | 1 oz. salt petre |

Mix dry ingredients. Rub on meat. Pack in jars. Dissolve rest of mixture in 4 gall. water. Pour over. Weight down. Corned in 23 to 40 days.

CHICKEN SOUFFLE

Mrs. R. W. Combs

| | |
|----------------|----------------|
| 4 tbsp. butter | ¼ tsp. paprika |
|----------------|----------------|

5 tbsp. flour
 2½ c. milk
 3 egg yolks
 1 tsp. salt
 1 tsp. parsley

2 tbsp. chopped pepper
 2 tbsp. chopped pimento
 3 c. diced chicken
 3 egg whites

Make a white sauce of butter, flour, milk, add egg yolks, salt, paprika, chopped pepper, pimento, cooked chicken and parsley. Then add the well beaten egg whites. Pour in a buttered baking dish, set in hot water in a moderate oven for about 45 min. Serve immediately.

SAUSAGE

Mrs. M. H. Runkle

16 lbs. meat (not ground) 3 tbsp. pepper
 4 tbsp. salt Sage, if desired

Mix all together and then grind.

TO CURE 25 LBS. PORK

Maggie Barnts

¾ pk. salt ½ lb. salt petre
 ¾ lb. black pepper 2 oz. cayenne pepper.

Mix all together. Rub in well. Pack in stone jar. Let stand three or four weeks then smoke it.

SMOTHERED CHICKEN

Cut up chicken, roll in flour and fry in hot grease. When chicken is nicely browned on both sides, put in roaster. Then make the gravy in the skillet and pour over the chicken. Bake until tender.

MACARONI AND HAM

Mrs. Frank Faust

Put in buttered baking dish, boiled macaroni in layers with minced ham. You can season the ham with a little mustard or onion. Bake in quick oven for about 10 minutes.

HELPFUL HINTS

To remove rust: Cover spot with oxalic acid and pour boiling water through.

To remove ink from silk: Saturate spot with turpentine, let remain several hours, then rub with fingers. Will also take ink out of cotton and worsted goods.

To remove grass stains and grease: Take butter and soap and rub well.

Mildew: Dip in buttermilk and lay in the sun.

To remove berry stains: Pour boiling water through stain before putting in soapy water.

To clean woodwork: Use powdered ammonia on damp cloth on three square feet of space; wipe with warm wet cloth. Dry with soft cloth.

HAND LOTION

| | |
|--------------------|------------------------|
| ½ oz. quince seeds | 12 drops carbolic acid |
| 2 oz. bay rum | 15 drops Bergamont oil |
| 2 oz. glycerine | 1 pt. soft water |

Crush quince seeds and steep in water 2 hrs. Strain through cloth and put all ingredients into this mixture.

TO STIFFEN RUGS

When a rug becomes soft and loses its stiffness and shoves up on the floor, reglue the back of it. Two pounds of glue melted in kettle with 2 qts of water. Stir occasionally. When about like cream, paint the back of the rug with it, using a large paint brush. Leave until thoroughly dry.

RHUBARB VINEGAR

Cut up 1 gallon of rhubarb but do not peel. Pour over it 5 gallons boiling water. Let stand 24 hours, strain out rhubarb. Add 5 lbs. of light brown sugar, 1 cake compressed yeast to the liquid and let work, then skim. When through working, add mother, cover and let sour.

SOAP RECIPE

| | |
|-------------------|------------------|
| 8½ lbs. crackling | 2 cans Lewis lye |
| 1 gal. water | |

Cook until crackling are dissolved. with lye, then add 4½ gallons of water. Mix well and let cool. Cut when firm enough.

COOKED SOAP

| | |
|-------------------|-----------|
| 3 pts. water | 1 can lye |
| 5 lbs. cracklings | |

Let boil until perfectly smooth. Remove from fire. Add 6 qts. boiling water. Stir and let cool.

A HELPFUL HINT

Mrs. C. W. Rouse

When using jellies, remove paraffin, wash and dry. Place in a pail to fit over teakettle. Next season with canning fruit, reheat wax and if there is a doubt as to whether jars are air tight, dip them in hot wax after jars are cool, and they will be air tight. This a much easier way than the old fashioned sealing wax and more quickly done.

DISCOLORATIONS

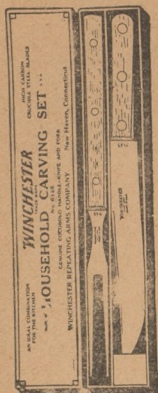
For fruit discolorations. ammonia and borax, are needed (sometimes boiling water poured through the stained garment, does the work) for peach stains, javelle water may be used. This last is an excellent solvent, but care must be taken in its use and the fabric washed before being sent to the laundry. otherwise the bleach will rot the linen. It is made by adding one quart of cold water to one quarter of a pound of chloride of lime and dissolving one pound of washing soda in one quart of boiling water. Pour off the clear liquid when the lime has settled and add to the soda solution. Bottle and use

Tea, coffee and cocoa stains should be attended to while fresh. If they have been overlooked and allowed to dry, they should be plunged in a basin of ammonia and water (a tablespoon to a pint) and left till the discoloration has gone. The stained part may be stretched over a basin and ammonia water poured through and through until the stain has disappeared.

Rub molasses into grass stains, let lie overnight, then wash out with tepid water, repeating if the stain still shows. Wet the spot of iron rust with boiling water, cover thickly with salt, then squeeze a little lemon juice over it. Wash out in half an hour. If the spot has not disappeared, repeat the process.

Orange and lemon stains must be removed very soon by ammonia or borax action, for the citric acid, which holds them fast to the goods eats slightly into the fabric.

For mildew, chalk and soap pulverized and moistened with water, is a specific; and a tsp. of ammonia added to a cup of water will remove grease. If paint and tar stains are first rubbed with butter and later with benzine, they will disappear like magic. If a little kerosene is added to the wash water, it will act as a milk bleach.



Every Winchester Dealer is a link in a chain of 6500 Winchester stores.

You get the benefit in price and quality of this vast buying power.

Buy all your hardware of



PETTLON & ATWATER

MANCHESTER, IOWA



Don't be annoyed with your hair in the hot summer months

But

Try our LEON OIL PERMANENT WAVES

We don't claim to be the best,

But we are as good as the rest

EXPERT WORK

ROBERTS BARBER AND BEAUTY SHOP

MANCHESTER

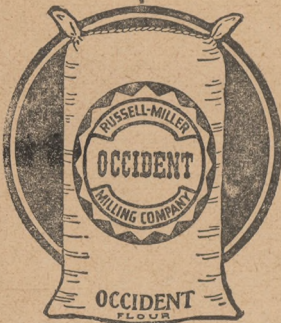
E. H. PROWSE

JEWELER

MANCHESTER, IA.

Try OCCIDENT Flour!

*Better Baking Results
are Guaranteed*



*Costs More-
Worth It!*

N29

OCCIDENT FLOUR

SPECIAL PATENT FLOUR, milled by THE RUSSELL-MILLER MILLING CO., mill at Minneapolis; Buffalo, N. Y.; Grand Forks, Valley City, Dickinson, Mandan, Bismarck, Jamestown and Minot, North Dakota; Billings and Sidney, Montana. General Offices at Minneapolis.

EXCELLO FLOUR THE GUARANTEED FLOUR

The price is always lower

DEL-MONTE FLOUR

THE BEST YOU EVER HAD FOR THE PRICE

We sell the above Flours in DELAWARE COUNTY and in every county around.

LEGG DEPT. STORE, MANCHESTER, IA.